

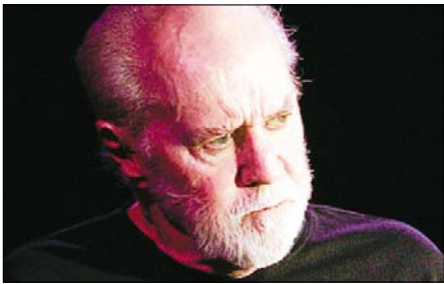
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Tuesday



Comedian George Carlin died of heart failure.

Curtain Call: Comic legend George Carlin dead at 71 | 17

On Faith: Americans show tolerance in religion survey | 3



Best of U.S.: Kobe Bryant tops Olympic team of NBA stars | 13

ENTERTAINMENT

Music Man: Ricky Skaggs plays Wolf Trap with an old friend. Also, where video games come from (hint: not Santa)

>> 17-20



Federer Off to a Flying Start at Wimbledon



SIX-SHOOTER: Top seed Roger Federer serves during his opening-round victory over Dominik Hrbaty on Monday, the first day of Wimbledon. Federer, who won in straight sets, is aiming to win his sixth straight Wimbledon title this year. ♦ **No surprises:** High seeds have little trouble on opening day | Page 13

Mugabe Rival Takes Refuge

Zimbabwe opposition leader flees amid ongoing violence

HARARE, ZIMBABWE | Zimbabwe's opposition leader took refuge in the Dutch Embassy after pulling out of the presidential runoff, and dozens of his supporters were hustled away by police in a raid on party headquarters Monday.

Western powers outraged at the turmoil began pushing Monday for the U.N. Security Council to condemn the violence and insist on a fair presidential election. They expected

opposition from Zimbabwe's two biggest trading partners, South Africa and China.

A tense debate gripped the U.N. Security Council, where the U.S. and European nations pushed a toughly worded draft statement condemning a "campaign of violence and the restrictions on the political opposition" that have made it "impossible for a free and fair election to take place." Despite the condemnation, Zimbabwe's President Robert Mugabe

pledged to press ahead with Friday's vote.

Opposition leader Morgan Tsvangirai returned to Zimbabwe a month ago to campaign, despite warnings by his Movement for Democratic Change party that he was the target of a state-sponsored assassination plot. Since then, his top deputy has been arrested on treason charges — which carry the death penalty — and Tsvangirai has repeatedly been detained by police. His supporters have faced such violence that the opposition leader said Sunday he could not run. (AP)



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TUESDAY
88 65



WEDNESDAY
87 68



THURSDAY
90 71

TODAY: Partly sunny with a chance of an afternoon thunderstorm | 30

eyeOpeners

SACRIFICE

'No, No, Leave Me, Bra. Save Yourself!'

An American hiker stranded in the Bavarian Alps for nearly three days was rescued after using her sports bra as a signal, police in Germany said Monday. Officer Lorenz Rasp said that he helped lift 24-year-old Jessica Bruinsma of Colorado to safety by helicopter on Thursday after she attracted the attention of lumberjacks by attaching her sports bra to a cable used to move timber down the mountain. "She kept her shirt and jacket for warmth but thought the sports bra could work as a signal," said Rasp. (AP)



NOMENCLATURE

'Hades' Door Frame Is Preferred Term

A suburban city council is taking up a resolution to ban a defunct power plant's nickname: the Gates of Hell.

The Yonkers, N.Y., City Council says in a resolution proposed Tuesday that the abandoned plant should be known in documents as the

Glenwood Power Station or by its address. Many community residents call the plant the Gates of Hell. A councilwoman used the nickname in a flier

about a community meeting. Council President Chuck Lesnick says nearby residents complained the nickname smears their community. (AP)

MARLENE KARASIAN/HEUSER BUSCH VIA AP



TIRESOME

Competition No Longer Novel

Sean Sears, right, of Chicopee, Mass., throws the winning rock to defeat Julie Crossley, left, of Anderson, Ind., in the final match of the 2008 Bud Light/U.S.A. Rock Paper Scissors League Championship in Las Vegas on Sunday. Sears earned a \$50,000 first prize and a trip to Beijing to represent the United States in the international Rock Paper Scissors competition in August. Phil Gordon, center, was the moderator. (AP)

ANIMALS

Wildlife Protests Omelet Bar Trend

Experts are telling Chicago residents to beware of birds. The fiercely territorial

behavior of red-winged blackbirds is being blamed on several recent dive-bomb attacks. The birds peck at unsuspecting bicyclists and pedestrians, and swipe their hair. Just ask Holly Grosso. She says she was pecked in the head.

She calls the incident "so bizarre." Field Museum ornithologist Doug Stotz says the birds favor parks and vacant lots near ponds and Lake Michigan. Relief may come in late July, after their nesting season ends. (AP)

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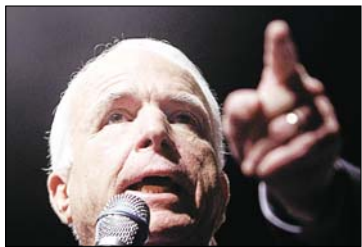


OFF THE WALL: The Supreme Court said Monday it won't stand in the way as the U.S. extends its security fence hundreds of miles along the border with Mexico, allowing building to proceed at full speed despite claims that it harms the environment.

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM



LMOTERO/AP

TERRORISM

McCain Aide Rebuked

A top aide to Sen. John McCain said a terrorist attack in the United States would benefit the Republican nominee politically, a comment that was quickly denounced by the candidate while campaigning in California on Monday. Charlie Black, one of McCain's most senior political advisers, said in an interview with Fortune Magazine that a fresh attack "would be a big advantage to him."

When asked about the comments by reporters, McCain said, "I cannot imagine why he would say it. It's not true. I've worked tirelessly since 9/11 to prevent another attack on the United States of America."

McCain's campaign also condemned the remarks. "Charlie deeply regrets his comments. They were inappropriate, and he recognizes that the candidate we work for has devoted his entire adult life to putting protecting his country and placing its security before every other consideration," said campaign spokeswoman Jill Hazelbaker. MICHAEL D. SHEAR

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For extended analysis and up-to-the-minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail

Survey: Americans Flexible on Faith

Majority say religions other than their own can lead to eternal life

RELIGION | America remains a nation of believers, but a new survey finds most Americans don't feel their religion is the only way to eternal life — even if their faith tradition teaches otherwise.

The findings, revealed Monday in a survey of 35,000 adults, can either be taken as a positive sign of growing religious tolerance or as disturbing evidence that Americans

REASONABLE DOUBT

→ By many measures, Americans are strongly religious: 92 percent say they believe in God, 74 percent believe in life after death and 63 percent say their respective scriptures are the word of God. However, more than one in four Roman Catholics, mainline Protestants and Orthodox Christians in the survey expressed some doubts about God's existence, as did six in 10 Jews.

dismiss or don't know fundamental teachings of their own faiths.

Among the more startling numbers in the survey, conducted last year by the Pew Forum on Religion and Public Life: 57 percent of evangelical church attendees said they believe many religions can lead to eternal life.

In all, 70 percent of Americans with a religious affiliation shared that view, and 68 percent said there is more than one way to interpret the teachings of their own religion.

"What most people are saying is, 'Hey, we don't have a hammer-lock

on God or salvation, and God's bigger than us, and we should respect that and respect other people,'" said the Rev. Tom Reese, a senior fellow at the Woodstock Theological Center at Georgetown University.

The study confirmed some well-known political dynamics, including divisions over abortion and gay marriage, with the more religiously committed taking conservative views on the issues. But it also showed support across religious lines for greater governmental aid for the poor, even if it means more debt and stricter regulations. ERIC GORSKI (AP)

GILROY, CALIF. | AX MARKS THE SPOT



MARCIO JOSE SANCHEZ/AP

TIMBER: Capt. Todd Nelson of the Sonoma Lake Napa Fire Department chops down trees Monday on a hillside in Mount Madonna County Park west of Gilroy, Calif. Cooler weather helped firefighters gain ground on hundreds of wildfires that have charred bone-dry terrain in both wine country and remote forests in northern California.

Obama, Clinton Plan Appearance In Unity, N.H.

WASHINGTON | Former rivals Barack Obama and Hillary Rodham Clinton plan to campaign together Friday in the small New Hampshire town of Unity, their first joint appearance meant to ease tensions over the closely fought Democratic primary.

The location, announced Monday, was chosen not only for the symbolism of its name but because each candidate received exactly 107 votes there in the Jan. 8 primary. Independent-minded New Hampshire is a critical battleground state in November. Bush won the state in 2000, but Democrat John Kerry narrowly captured it in 2004. (AP)

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Nation



Carolyn Kirk, mayor of Gloucester, Mass., speaks to the media after a meeting with city leaders to discuss a report of a teen pregnancy pact at the local high school.

Mayor: No Proof Of Pregnancy Pact

Official tries to dispel report that teens made an oath to have babies

GLOUCESTER, MASS. | The city's mayor said Monday there is no evidence a group of young girls made a pact to get pregnant and raise their babies together, seeking to dispel an explosive theory put forth by the high school principal.

"Any planned blood-oath bond to become pregnant — there is absolutely no evidence of," Mayor Carolyn Kirk said Monday after a closed-door meeting with city, school and health leaders.

Conspicuously absent from that meeting was Gloucester High School Principal Joseph Sullivan, who has not responded to repeated requests for comment after he was quoted last week in a Time magazine story saying the girls planned to get pregnant together.

Kirk cited privacy concerns in refusing to answer many questions about the 17 girls who became pregnant this school year — more than quadruple the number who generally become pregnant at the school.

Kirk said she and Superinten-

dent Christopher Farmer have been in touch with Sullivan, and that he was "foggy in his memory" about how he came to believe there was a pact. "When pressed, his memory failed," Kirk said.

Any planned blood-oath bond ... there is absolutely no evidence of."

CAROLYN KIRK, GLOUCESTER MAYOR

Authorities have talked to school and health officials who work most closely with the children and, Kirk said, "The people that worked with the children on a daily basis have said there has been no mention whatsoever of a pact."

Brendan Henry, a 17-year-old going into his senior year at Gloucester, said he did not doubt that a pact could have existed.

"It definitely sounds like something that would happen at Gloucester High School," he said. "It doesn't sound too far-fetched at all."

MELISSA TRUJILLO (AP)



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The prize, in millions of dollars, John McCain says the government should award to whoever develops a better battery for hybrid and electric cars.

Nation



Nelvin Wade, right, a contract inspector for FEMA, speaks to residents of Cedar Rapids, Iowa, about flood damage inspections.

FEMA Praised in Midwest

Residents in flooded areas say agency is doing a 'heckuva job'

EAST ST. LOUIS, ILL. | When floodwaters knocked out the water treatment plant in Mason City, Iowa, FEMA rolled into town and promptly set up an account with a Pepsi bottler to supply water. Then officials moved into a vacant store and began handing out the stuff.

"We saw different FEMA people in and out," City Administrator Brent Trout said. "We really started seeing FEMA people showing up to see what was going on in town and putting out the word on flood assistance."

Nearly three years after Hurri-

cane Katrina turned FEMA into a punchline, homeowners, politicians and community leaders in the Midwest say the agency is doing a heckuva job — and they mean it.

"The lessons we learned from Katrina we've taken very seriously," said Glenn Cannon, FEMA assistant administrator for disaster operations.

After Katrina devastated the Gulf Coast in 2005, FEMA came into New Orleans late and unprepared. President Bush's compliment to FEMA Director Michael Brown — "Brownie, you're doing a heckuva job!" — became a big joke.

Now, storms and flooding in the upper Midwest have left 24 people dead and driven tens of thousands from their homes. After the rain

started falling in early June, FEMA arrived with 13 million sandbags to pile onto the levees, 200 generators, and 30 trucks to haul off debris.

Flooded-out homeowners said FEMA has been quick to dispense checks, and leaders in flooded Iowa towns said the agency wasted little time in assessing damage.

In East St. Louis, city disaster services coordinator Rocco Goins said three FEMA inspectors arrived not long after questions started swirling about whether the levee protecting the city could withstand the surging Mississippi River.

"I very much give FEMA their props," Goins said. "What happened in Katrina didn't happen here. In my opinion, FEMA was totally on top of it." JIM SALTER (AP)

HEARSAY | HOUSING

"People would rather live in a vehicle than wind up in a shelter, and you can't stay on a friend's couch forever."

—MICHAEL STOOP OF THE NATIONAL COALITION FOR THE HOMELESS. CITIES IN CALIFORNIA SAY THE FORECLOSURE CRISIS IS FORCING MANY PEOPLE TO LIVE IN THEIR VEHICLES.

Woman's Promotion Makes History

WASHINGTON | For the first time in U.S. history, a woman has been chosen for promotion to four-star general.

The Pentagon announced Monday that President Bush nominated Lt. Gen. Ann E. Dunwoody to head the Army Materiel Command, responsible for equipping, outfitting and arming soldiers throughout the Army.

If confirmed by the Senate, she would be the first woman to attain the rank of a full general.

Women haven't reached four-star rank because by law they are excluded from serving in combat roles, which historically have been the path to the positions. That exclusion still applies, but with Dunwoody the Army has chosen to cast aside its limitations on promotion. (AP)

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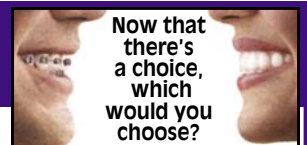
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World



STELLAR WORK: Using clues from star and sun positions mentioned by the Greek poet Homer, scholars think they have determined the date when King Odysseus returned from the Trojan War. It was April 16, 1178 B.C., according to Monday's online edition of Proceedings of the National Academy of Science.

In Brief



Pakistanis protest a court ruling banning Nawaz Sharif from elections.

ISLAMABAD, PAKISTAN

Former Prime Minister Sharif Barred From Election

Pakistan's most popular politician, former Prime Minister Nawaz Sharif, suffered a major setback Monday when a court ruled him ineligible to run in upcoming parliamentary by-elections. Sharif had been barred from running in February elections because of convictions related to his ouster in a 1999 coup. Earlier this month, the election commission effectively cleared him to run, but that decision was reversed Monday by the Lahore High Court. (AP)

BEIRUT, LEBANON

Factional Fighting Rages For Second Day in Tripoli

Heavy fighting between pro- and anti-government factions in the northern Lebanese city of Tripoli raged for a second day Monday, and officials said four more people died overnight. By afternoon, Lebanese troops and policemen began deploying in the tense areas. Fighting eased by dawn. The deaths brought to eight the number of those killed since violence broke out Sunday in this city, 50 miles north of the capital. (AP)

ASUNCION, PARAGUAY

Outgoing President Resigns From Job 2 Months Early

Paraguay's outgoing President Nicanor Duarte has resigned — but Congress may not accept the move. Duarte wants to resign two months before his term ends so that he can take a seat in Paraguay's Senate. President-elect Fernando Lugo takes office on Aug. 15 and he has supported Duarte's right to resign. Lugo's allies in Congress haven't budged. (AP)

Divers to Search Philippines Wreck

Rescuers hope to find survivors inside ferry that capsized in storm

MANILA, PHILIPPINES | Two teams of rescuers prepared Monday to dive into typhoon-roiled waters off the Philippines to find a way inside a capsized ferry in a desperate effort to locate some 800 people believed to be aboard.

If Tuesday's planned underwater missions fail, a tugboat will be on standby with gear to cut through the ferry's hull as a last resort — a prospect complicated by a cargo of bunker oil that could leak and turn the human disaster into an environmental one. Experts were studying the ferry's schematics in case they have to drill the access hole.

The divers, however, will get the first shot, coast guard chief Adm. Wilfredo Tamayo said, "looking for open hatches or doors on the side of the ship, diving underneath, breaking cabin glass windows if we can break them or cut an opening."

On Sunday, divers heard no response when they hammered



A rescue worker looks down at the hull of a ferry that capsized off the coast of Sibuyan Island in the Philippines on Monday.

on the hull, but officials refused to give up. "We're not ruling out that somebody there is still alive," Tamayo said. "You can never tell."

Hundreds of people are feared to have been trapped when the ship

suddenly tilted and went belly up Saturday at the height of the powerful storm that left 163 people dead in the central Philippines.

All that was visible Monday of the 23,824-ton, seven-story Prin-

cess of Stars was one end poking out of the waters off Sibuyan island.

Only 38 ferry survivors have been found, including 28 who drifted at sea for more than 24 hours. PAUL ALEXANDER (AP)

EU Nations OK New Iran Sanctions

Bloc imposes financial, travel restrictions on companies, experts

BRUSSELS, BELGIUM | EU nations approved new sanctions against Iran on Monday, imposing additional financial and travel restrictions on a list of Iranian companies and experts — including the country's largest bank.

But don't expect the EU, China, Russia or the U.S. to agree anytime soon to tougher sanctions that would ban oil and gas exports from Tehran in response to its nuclear program plans.

European Union officials stressed the importance of the 27-nation bloc's "carrot and stick" approach, which Europeans feel Western powers should continue as they try to sway Iran from plans to build nuclear weapons.

TIGHTENED MEASURES

→ Prior to Monday's action, the European Union had imposed a travel ban on about 20 Iranian citizens and 15 companies, as mandated by sanctions passed by the United Nations.

→ The new measures will take effect Tuesday, when the expanded blacklist of companies and "very senior experts" is published in the EU's official legal register, the Official Journal. (AP)

They acknowledged that any agreement on harsher energy sanctions, which could further push up energy prices, would be hard to reach, both within the bloc and with powers like China or Russia.

"Given the EU's thirst for oil and gas, that would be sort of cutting off your nose to spite your face. Also given the surge in Russia, China and

India [of energy demand], I think this would be a very tricky subject," said Shada Islam, an analyst at the European Policy Center, a Brussels-based think tank.

She said there was little appetite for energy sanctions, especially from Germany and France, both of which have energy deals with Iran.

However, French President Nicolas Sarkozy said the EU is concerned about Iran's nuclear program and told Israeli lawmakers that a nuclear-armed Iran is "unacceptable." He said Monday's approval of new sanctions was meant to send another reminder to Tehran that it should pursue negotiations.

Western nations fear Iran's uranium enrichment program could be used to make a nuclear bomb. Iran says the work is intended to produce fuel for nuclear reactors that would generate electricity. CONSTANT BRAND (AP)

Bolivian State Tarija Becomes Autonomous

ARIJA, BOLIVIA | Natural gas-rich Tarija became the fourth Bolivian state to declare autonomy from the government of leftist President Evo Morales when voters backed greater independence in a referendum, according to two unofficial private projections.

Autonomy backers celebrated in Tarija's capital after pollsters on Sunday released results showing the "yes" vote getting about 80 percent support.

Electoral officials said there would be no final results until Wednesday.

The referendum followed similar votes, with similar results, in three other lowland states in Bolivia.

President Evo Morales has called the referenda illegal attempts to cripple his government. (AP)



PRAY FOR SUN: Forty boats sped off Monday in what is billed as the world's largest race for solar-powered boats. The race covers a 135-mile course in the Netherlands.

World



A policeman directs traffic in Beijing on June 18. China on Monday began to ban cars from the roads ahead of the Olympics.

China Limits Beijing Cars

Government bans certain autos to clean air ahead of Olympics

BEIJING | Half of all cars belonging to the government and Communist Party were ordered off Beijing's clogged roads Monday, part of an effort to help clean the city's air ahead of the Aug. 8-24 Olympics.

Despite the ban, the skyline remained shrouded in smog, and traffic was bumper-to-bumper during the afternoon rush hour on freeways and Chang An Avenue, which cuts through the heart of the city.

Under the edict, announced on the city's Web site, half of all gov-

PEAK POLLUTION CONTROL

→ China has announced a trash collection campaign to clean up its side of Mount Everest that could limit the number of climbers and other visitors to the mountain in 2009.

→ Everest has been called the world's highest garbage dump; it is littered with debris from more than 50 years of climbs. (AP)

ernment and Communist Party cars were not being used from Monday until July 19.

On July 20, another rule begins that will ban half of Beijing's 3.3 million cars on alternate days.

In addition, 300,000 heavy pollut-

ing vehicles — aging industrial trucks, many of which operate only at night — will be banned from July 1.

The auto ban is part of an anti-pollution plan that also will halt construction and heavy industry during the Olympics.

"To meet the air quality standards and to realize safe and smooth traffic is our solemn promise to the international community," the Beijing government notice said.

Officials also expect an increase in the use of public transportation, with several new subway lines set to open.

Officials said that 95 percent of the city's 66,000 taxis would be operating during the games, along with 21,000 buses. (AP)

55 Militants Killed in Afghanistan

KABUL, AFGHANISTAN | U.S.-led forces rained fire for two days on militants near Afghanistan's border with Pakistan, officials said Monday, killing about 55 insurgents and underscoring how fighting with Taliban insurgents is escalating.

The battle in eastern Paktika province was the second in the past week to reportedly inflict

major casualties on militants, whom Afghan officials say are swarming in from Pakistan.

The battle began Friday morning, when militants armed with rockets and guns ambushed troops from the U.S.-led coalition patrolling a road in Ziruk district, the coalition said. The troops returned fire and called in airstrikes.

Fighting continued until Sunday morning, and the majority of the deaths were from the airstrikes, coalition spokesman Capt. Christian Patterson said.

It was not possible to get independent confirmation of the death toll, but Nabi Mullakhail, the provincial police chief, said militants had suffered "huge" casualties in the mountainous district. Afghan forces were not involved, he said. (AP)

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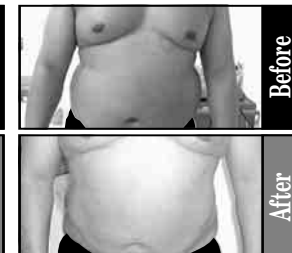
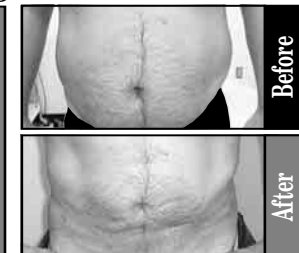
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World



Students at a girls school take a break outside in Basra, Iraq, on June 11. Citizens are hopeful about the future but frustrated with electricity, food and job shortages.

Frustrations Rise In Freed Iraqi City

Basra residents blame government for lack of basic necessities

BASRA, IRAQ | Men and women can openly study and party together for the first time in years at Basra University, free from the threat of Shiite gunmen enforcing extreme Islamic views.

To get to class, however, the students must navigate traffic jams and ubiquitous checkpoints that the Iraqi military calls the price of peace in this sweltering, oil-rich southern city where temperatures soar above 120 degrees.

It often doesn't get any cooler indoors. Basra is suffering widespread electricity shortages that residents blame on Iraqi authorities, who in turn point the finger at neighboring Iran. And then there's the lack of clean tap water.

From students to merchants, people here say they are happy and hopeful about their new freedoms three months after the Iraqi military wrested control of the country's second-largest city from Shiite militiamen. But frustration is rising over the failure of the Iraqi government to follow through on its promises to improve basic services, provide jobs and distribute enough food to citizens.

"The government gives us food rations, but it is not enough. We are all tired," Chitaya Mashhan Madloon said as she pushed through the crowd at a market, using her robe to wipe sweat from her forehead.

Many worry the neglect could ignite more violence. "The services are getting worse; they're not getting better. This is creating ill will toward the government," said Mustafa Mahdi Hussein, a dean at Basra University. KIM GAMES (AP)

Iraqi Official Kills 2 U.S. Soldiers

BAGHDAD | A disgruntled local official opened fire Monday on U.S. soldiers attending a municipal council meeting southeast of Baghdad, killing two of them and wounding four other Americans, U.S. and Iraqi officials said.

The assailant died in a hail of gunfire after the attack, which occurred in the town of Madain, also known as Salman Pak, about 15 miles south of Baghdad in an area with a history of Sunni-Shiite tension. (AP)

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Local

Downie Resigns From Post

Executive editor led paper to 25 Pulitzers in his 17-year tenure

Leonard Downie Jr. said Monday he is stepping down as The Washington Post's executive editor, ending a 17-year tenure in which the paper became a major online force and won a slew of prizes for high-profile investigations, including one that Downie published over President Bush's objections.

Downie, 66, said his last day will be Sept. 8. The paper's new publisher, Katharine Weymouth, said she plans to announce a successor soon.

"After 44 years, the notion of not

working in the newsroom anymore brings a lot of emotions," Downie said in an interview. "I will really miss it. ... At the same time, I'm ready to do this, because so much



Downie

further change now needs to take place at the newspaper and Web site, and someone else should be tackling that."

Associate Editor Robert G. Kaiser, Downie's first managing editor, called him "the straightest shooter I ever had to deal with. One of my anxieties about my friend is that his qualities won't be appreciated because they're so invis-

ible. ... It's never occurred to him to seek the spotlight or be flashy or sexy or any of the things that seem to be so valued now. He's a really large figure who's accomplished so much, but without any hint of charisma in the wider world."

Downie led the paper to 25 Pulitzer Prizes, including three gold medals for public service, and The Post won six of the awards in April, one shy of the annual record.

The list includes a 2005 prize for disclosing the existence of secret CIA prisons in Eastern Europe used to interrogate terror suspects, despite a White House meeting at which Bush asked that the story be killed.

HOWARD KURTZ (THE WASHINGTON POST)

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RAFAEL CRISTOFANO/FTW

JUST LIKE THE BEACH: Wesley Gerber, 2, of Falls Church, Va., plays in the Pirate's Cove water park at Pohick Bay Regional Park in Lorton, Va., Monday.

10 Suspected Illegals Arrested in Md.

HAGERSTOWN, MD. | Maryland State Police say a traffic stop near Hagerstown resulted in the arrests of 10 suspected illegal immigrants.

The 10 suspects included the driver and all nine passengers in a minivan from California that was stopped Sunday afternoon on Interstate 81 at Maugans Avenue.

Troopers say the driver, Jose

Angel Dominguez, produced a fraudulent Mexican driver's license. Police concluded that Dominguez and the others were illegal immigrants and that some have been in the country illegally for four years.

Federal immigration agents have taken custody of all 10 suspects for deportation proceedings. (AP)

35 Inmates Cause Riot At D.C. Jail

A disturbance involving 35 inmates broke out Sunday night and spilled over into early Monday at the D.C. jail, but authorities said there were no escapes and no reports of injuries to either inmates or staff.

"At no time was there a threat to the community," said Assistant Police Chief Alfred Durham.

The commotion started about 6:30 p.m. Sunday when two inmates got into a fight as dinner was being served in the maximum-security area, in the southeast wing of the jail, officials said.

It took correctional officers two hours to quell the fight and restore order to the jail, the officials said.

Jail staff then served the evening meal, which was cold, to 160 inmates in that unit. That set off the larger disorder, which was not brought under control until shortly after 3 a.m. Monday.

Dozens of D.C. police officers were sent to the jail to assist corrections personnel. Shortly before 2:30 a.m., red warning lights on the jail's roof were flashing.

ELISSA SILVERMAN AND ALLISON KLEIN (THE WASHINGTON POST)

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Local



Virginia Gov. Timothy M. Kaine said at the joint General Assembly session about transportation on Monday that "there is no reason we should not act right now."

Va. Gov. Pushes For Road Funding

Kaine says residents expect lawmakers to act on transportation

RICHMOND, VA. | Gov. Timothy M. Kaine told lawmakers Monday that Virginians expect them to act now to approve new funding for transportation.

In an address to a joint General Assembly session, Kaine told the House and Senate "there is no reason we should not act right now" to fund highway maintenance and construction.

Kaine proposed his own package of about \$1.1 billion to pay for upkeep and repair statewide and for new projects in Northern Virginia and Hampton Roads.

The second special legislative session in two years to consider transportation funding reforms opened with little faith among

legislators that any meaningful agreement was possible.

Kaine, allied with some of the state's most muscular pro-business lobbies and organizations that represent county and city governments, continued to demand comprehensive statewide revenue for upkeep and repairs to the state's aging 58,000 miles of highways and its 13,000 bridges.

Just as determined, Republicans found support from outspoken allies in anti-tax organizations.

In prepared remarks aimed chiefly at House Republicans, the Democratic governor said he'd consider their ideas as long as they fund urban and rural transportation alike.

"None of us should tolerate inaction," Kaine said. "Evolution of responsibility should not be a character trait of this body."

BOB LEWIS AND LARRY O'DELL (AP)

The Lotteries

Monday, June 23

DISTRICT

Mid-day Lucky Numbers	7-2-7
Evening Lucky Numbers (Sun.)	2-3-9
Mid-day DC 4	0-3-5-4
Evening DC 4 (Sun.)	7-6-1-3
Rolling Cash Five (Sun.)	2-14-23-25-27
Daily 6 (Sun.)	2-7-20-25-29-30 Bonus: 1

MARYLAND

Mid-day Pick 3	3-7-2
Mid-day Pick 4	4-0-8-4

VIRGINIA

Mid-day Pick 3	8-5-6
Evening Pick 3 (Sun.)	7-3-9
Mid-day Pick 4	3-0-5-1
Evening Pick 4 (Sun.)	1-8-8-9
Mid-day Cash 5	4-11-15-26-28
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Money



A tip is left at Linda's Place Restaurant in St. Clair Shores, Mich. Many service workers earn most of their wages from tips.

Workers See Tips Dry Up

Service employees are on the losing end of the economic slump

CINCINNATI | At the Corner Pub on Cincinnati's west side, bartender Melissa Metz can count the cost of the economic slump in the stack of bills she has at the end of a shift.

Those tips make up the majority of her income, but they've been dwindling for months. Right now, her weekly income from tips is down about 25 percent.

"Some people are coming in less and maybe not staying as long when they do come in," Metz said. "And normal customers who would normally tip \$5 are tipping about \$2 now."

Bartenders, waiters, hair stylists, cabdrivers and other workers who depend on tips for much of their income are among those who say they are seeing decreases as customers feeling the economic pinch trim their gratuities — or sometimes omit them entirely.

The pinch can come from many sides, as customers are also cutting down on how often they eat out, have their nails done and get other services that typically involve tipping.

How much it's hurting is hard to tell, since agencies like the Internal Revenue Service and the U.S.



Melissa Metz tends bar at Don's Corner Pub in Cincinnati. Metz draws most of her income from customers' tips — which she says have been dwindling for months.

WORKING WAGES

The latest earnings estimates, including tips, from the U.S. Bureau of Labor Statistics:

- Waiters and waitresses: \$7.62 per hour
- Bartenders: \$8.22 per hour
- Hairdressers and cosmetologists: \$10.68 per hour
- Taxi drivers and chauffeurs: \$10.01 per hour
- Manicurists and pedicurists: \$9.60 per hour

Census Bureau that collect employment information don't break out tip data.

The National Bartenders Association says the amount of tip income

can vary, but tips across the board probably make up about half of many bartenders' income — and based on what it's hearing from its members, tips are down.

Association President David Craver said the economic pressure on bars and restaurants now is high, especially in very competitive markets.

"There is less overall business to begin with, and then on top of that, people are a little tighter with their money," Craver said. "Someone who might have tipped \$5 may only be leaving \$3 now. The next thing you know, everybody's making 25 to 30 percent less on a monthly basis."

LISA CORNWELL (AP)

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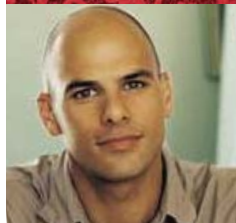
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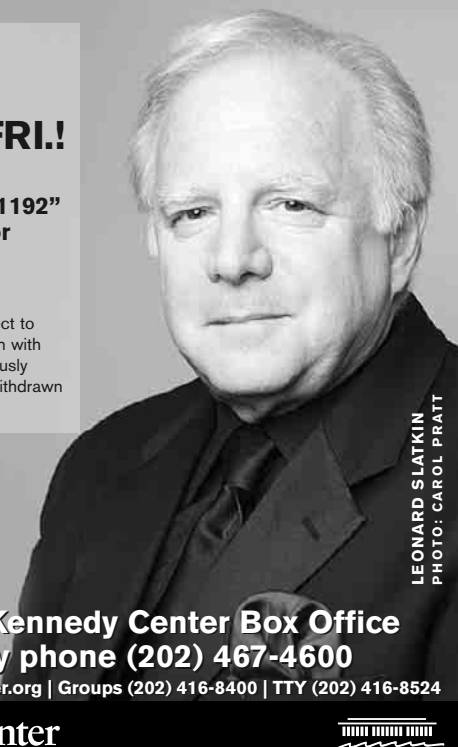
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Money



General Motors is trying to clear out its inventories of pickup trucks and SUVs by offering buyers cut-rate financing. The automaker also plans to raise its prices.

GM Risks Sticker Shock on Vehicles

Automaker to raise prices by 3.5 percent despite tough market

DETROIT | General Motors Corp. told dealers Monday it plans to raise prices on 2009 models by an average of 3.5 percent despite a tough market that is forcing the automaker to cut production and discount its 2008 models.

Mark LaNeve, GM's vice president of North American sales, said in conference calls to dealers that the increases will allow GM to recover only part of the rising cost of steel and other commodities and the cost of safety and other features on the new models. The increases will amount to about \$1,000 per vehicle.

GM already had increased the prices of its 2008 model year vehicles twice because of rising commodity costs, spokesman John McDonald said.

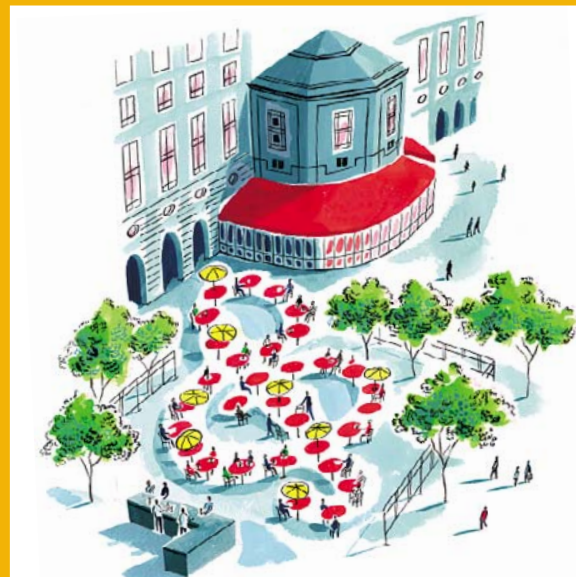
GM also said Monday it will further cut SUV and truck production, and it will run a sale June 24 to 30 to help clear out large inventories of 2008 pickups, sport utility vehicles and larger cars. The sale includes zero percent financing for up to 72 months.

"We're really just trying to spark the market at the end of the quarter," LaNeve said.

GM shares fell 88 cents, or 6.4 percent, to close at \$12.91 after plummeting to \$12.75 earlier in the day. That was the lowest they'd fallen since February 1982, when they hit \$12.70 per share, according to the University of Chicago's Center for Research in Security Prices.

LaNeve said 0 percent deals are usually successful, but it's unclear whether they'll have any effect in such a weak market. U.S. auto sales were down 8 percent through May due to the economy, low consumer confidence and high gas prices.

TOM KRISHER (AP)



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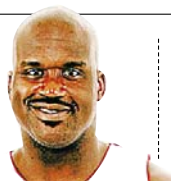


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FUEL HELP: The Internal Revenue Service, citing the pressure of gas prices, said Monday it is raising the automobile mileage rate that businesses and others can claim. The tax agency said the optional standard rate to calculate deductible operating costs for business vehicles will rise from 50.5 cents per mile to 58.5 cents for the final six months of '08. (AP)

SHAQ ATTACKS: He's no longer calling himself a brick wall, but Shaquille O'Neal is still ripping on Kobe Bryant. A video on TMZ.com shows O'Neal doing a freestyle rap in a nightclub on Sunday. "You know how I be," he said. "Last week Kobe couldn't do without me."



Sports

U.S. Taps 12 of NBA's Biggest Stars

Team gets top talent after a disappointing '04 Olympic Games

OLYMPICS | MVP Kobe Bryant has a shot at another big prize after falling short of the NBA championship, and he'll have plenty of help along the way.

LeBron James will be there. Dwyane Wade, too.

They will lead a U.S. Olympic basketball team that was announced Monday and hopes to capture the gold medal in Beijing in August after a third-place showing in Athens four years ago.

The team already has "re-established itself" on an international



Dwyane Wade, right, and Carmelo Anthony, second from right, will play in Beijing.

level, USA Basketball managing director Jerry Colangelo said during a news conference.

The next step is to bring home the gold, and the U.S. will send a deep, versatile team to China.

Carmelo Anthony and Jason Kidd were also among the 12 players chosen from a pool of 33. They were joined by the Detroit Pistons' Tayshaun Prince, along with Carlos Boozer, Chris Bosh, Dwight How-

To select a group of 12 is obviously going to leave out a number of outstanding people."

JERRY COLANGELO, USA BASKETBALL

ard, Chris Paul, Michael Redd and Deron Williams.

"It was a very difficult selection process," Colangelo said. "When you have as many outstanding players as we have in this country — to select a group of 12 is obviously going to leave out a number

of outstanding people."

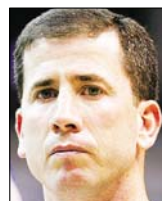
The team was selected without a tryout. It will have a minicamp this week in Las Vegas and meet there July 20-25 to train and play an exhibition against Canada before heading overseas. The Americans open Olympic play against China on Aug. 10.

Although the Americans captured the gold at the Sydney Games in 2000, they no longer dominate international play as they once did. The talent gap has narrowed and many top players have chosen to not play for the national team in recent years.

Now, the U.S. team appears loaded. Then again, the Americans went 5-3 in Athens and lost for the first time since NBA players started competing in 1992 even though they had James, Anthony, Wade and Tim Duncan. ANDREW SELIGMAN (AP)

Donaghy Lawyer Says NBA Wants To 'Destroy' Him

NBA | The NBA wants to financially "destroy" disgraced referee Tim Donaghy for embarrassing the league during the playoffs with allegations that referees were encouraged to manipulate results through foul calls, his lawyer charged Monday.



Donaghy

The attorney, John Lauro, asked a federal judge to force the league to produce more evidence supporting its demand Donaghy pay the

NBA nearly \$1.4 million in restitution as part of the sentence in his gambling case. The amount covers everything from legal bills to the cost of Donaghy's basketball shoes.

"The message from the NBA is quite clear: If you cooperate in a federal investigation against the organization, we will take you out," Lauro wrote in a letter to U.S. District Judge Carol Amon.

The 41-year-old Donaghy pleaded guilty last year to felony charges of taking cash payoffs from gamblers and betting on games himself. He faces up to 33 months in prison at his sentencing. TOM HAYS (AP)



Top-ranked Roger Federer cruised through his first match in straight sets in his bid to win a sixth straight Wimbledon title.

Wimbledon Opener Follows the Script

Top seeds win, most Americans lose on the first day in England

TENNIS | Wimbledon began with a few surprises Monday. There was lots of sunshine, Serena Williams wore a raincoat anyway, and Roger Federer's changeover routine was

interrupted by a friendly visit from his opponent.

The tennis went mostly as expected. Federer, Williams and new women's No. 1 player Ana Ivanovic won in straight sets. Australian Open champion Novak Djokovic also eased into the second round, while American men went 1-4.

The top-ranked Federer began his

bid for a sixth consecutive Wimbledon title by winning the first match on Centre Court. He stepped onto the fresh grass promptly at 1 p.m. and looked eager to dispel the notion he's in decline, winning the first 11 points and beating former doubles partner Dominik Hrbaty 6-3, 6-2, 6-2.

During a changeover one game from the finish, the 30-year-old

Hrbaty broke with protocol by wandering over to the seated Federer.

"I looked over and there he was," Federer said. "He said it might be his last Wimbledon, so it was almost a little bit emotional."

Ivanovic played her first match as the No. 1 woman and French Open champion, and the 20-year-old Serb seemed comfortable in the new role, beating Rossana de Los Rios 6-1, 6-2.

"Becoming No. 1 takes more pressure, but also you have to see pressure for what it is," Ivanovic said. "It's a reflection of your own ambition. It means that you put yourself in a position to do something memorable."

Despite the sunny weather, it was another in a series of dismal days for U.S. tennis. The only American woman to join Williams in the second round was Bethanie Mattek. Ashley Harkleroad lost to 2006 champion Amelie Mauresmo.

The lone U.S. male to win was Bobby Reynolds, who advanced when Filippo Volandri retired with a sore left knee after losing the first two sets. Eliminated were Vince Spadea, Kevin Kim and 2008 Olympians Sam Querrey and Robby Ginepri.

"This first day was just a bunch of tough draws for the guys," Reynolds said. "I guess I'm happy that I won, but, obviously, you'd like to see all the Americans do well."

STEVEN WINE (AP)

Sports



WAIT TILL NEXT YEAR: Curt Schilling's shoulder operation has gone well, and his surgeon says he could be throwing off a mound again by January. Dr. Craig Morgan said he found no significant rotator cuff damage, which would have extended the recovery period.

Inability to Score Is Italy's Downfall

'06 World Cup champs could lose their coach after quarterfinal exit

EURO CUP | Italy overcame the loss of injured captain Fabio Cannavaro and the huge defensive hole that created. What did in the Italians at the European Championship was an ineffective attack, overly reliant on an off-form Luca Toni, and designed by a coach that few people believed in.

"I'm not stupid, and I'm not going to search for excuses," said coach Roberto Donadoni, who could lose his job after The Italians lost 4-2 on penalty kicks to Spain following a dull 0-0 draw in the quarterfinals. "The team came here in this condition and they gave everything they had until the last drop of sweat. If you look at the result, it doesn't take a genius to say it wasn't extraordinary."

None of Italy's seven attacking players scored during the four games, with the only goals coming



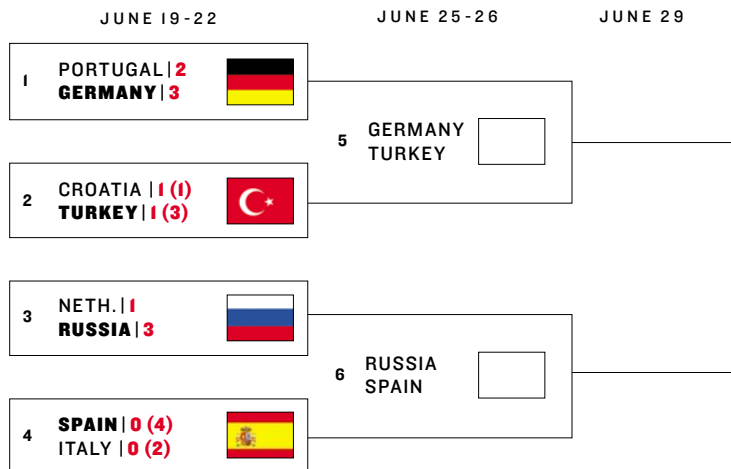
MILADEN ANTHONY/AP/GETTY IMAGES

Italian coach Roberto Donadoni walks to the sideline during Italy's loss to Spain.

from defender Christian Panucci in a 1-1 draw, with Romania, and midfielders Andrea Pirlo and Daniele De Rossi in a 2-0 win over France to round out group play.

"It didn't go well," center forward

ROAD TO GLORY | EURO 2008



Toni said. "Before this game, despite the scoreless streak, I was satisfied because the team still advanced and I made my contribution. Now we're leaving after getting beat on penalties, and I'm sorry I didn't score."

Toni scored 39 goals for Bayern Munich last season, but hasn't found the net for Italy since a friendly against Portugal in February.

Still, Donadoni rarely called for anything beyond crosses and high balls in search of Toni's 6-foot-4 frame. Shots from beyond the penalty area were few and far between.

Now, Donadoni is widely expected to be replaced by Marcello Lippi, who appears ready to step back in after leading Italy to the World Cup title two years ago. **ANDREW DAMPF (AP)**

Lightning Will Hire Melrose

NHL | The primary investors in a group buying the Tampa Bay Lightning say they have no intentions of moving the team, will be "shockingly aggressive" in free agency and are on the verge of naming a coach.

Oren Koules and Len Barrie said Monday that the team finished last in the NHL last year is not broke, but just needs tweaking.

They hope the new coach, long rumored to be television analyst and former Kings coach Barry Melrose, is part of the fix. Several hours after brushing aside questions about the coaching vacancy, the team scheduled a Tuesday press conference to introduce a replacement for John Tortorella, who was fired on June 3. **(AP)**

HEARSAY | OLYMPICS

"Why not Birmingham? That's my question."

—LARRY LANGFORD — BIRMINGHAM, ALA., MAYOR — TOLD THE BIRMINGHAM NEWS HE WANTED THE CITY TO HOST THE OLYMPICS.

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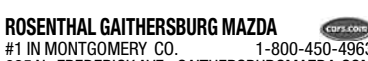
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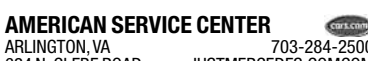
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Sports

EURO 2008 | THE ART OF FOOSBALL



FABRICE COFFRINI/AFP/GETTY IMAGES

EXHIBITION: This foosball table, on which some of the players have been replaced with pictures of members of the Swiss national soccer team, is part of an exhibit of 22 custom tables in Lausanne, Switzerland. The exhibit is in town for the 2008 European Championship, which is in Switzerland and Austria.

MLB STANDINGS

THROUGH JUNE 22'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	47	31	.603	—	29-9	18-22
Tampa Bay	44	31	.587	1.5	30-13	14-18
New York	41	35	.539	5	22-17	19-18
Baltimore	38	36	.514	7	22-12	16-24
Toronto	36	41	.468	10.5	18-17	18-24
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	41	34	.547	—	24-11	17-23
Minnesota	40	36	.526	1.5	25-16	15-20
Detroit	36	39	.480	5	20-16	16-23
Cleveland	35	41	.461	6.5	20-18	15-23
Kansas City	33	43	.434	8.5	15-19	18-24
WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	46	30	.605	—	22-18	24-12
Oakland	41	34	.547	4.5	24-18	17-16
Texas	39	38	.506	7.5	19-17	20-21
Seattle	26	49	.347	19.5	15-24	11-25

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Philadelphia	42	35	.545	—	22-18	20-17
Florida	40	35	.533	1	22-15	18-20
N.Y. Mets	37	37	.500	3.5	20-14	17-23
Atlanta	38	39	.494	4	27-12	11-27
Washington	30	47	.390	12	15-23	15-24
CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	48	28	.632	—	32-8	16-20
St. Louis	44	33	.571	4.5	23-17	21-16
Milwaukee	41	34	.547	6.5	25-13	16-21
Pittsburgh	36	40	.474	12	23-16	13-24
Houston	35	41	.461	13	17-16	18-25
Cincinnati	35	42	.455	13.5	21-17	14-25
WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	39	37	.513	—	24-15	15-22
L.A. Dodgers	35	40	.467	3.5	19-17	16-23
Colorado	32	44	.421	7	20-19	12-25
San Fran.	32	44	.421	7	14-24	18-20
San Diego	32	45	.416	7.5	21-20	11-25

Swengali

OLYMPICS | BY MATT SWENSON

Olympic Hype Is Still 6 Weeks Out

JUST AS THE INVENTION OF FIRE WAS something pre-humans once marveled at, the Olympics were once a big deal.

The hype was huge, the excitement was palpable, and the coverage given to the games was merited.

It occurs to me that the Olympic flame has dimmed over the years — an apathetic nation didn't watch the gymnastics or diving qualifiers this past weekend.

Even Monday's unveiling of the U.S. men's basketball team produced my first yawn of the day.

Don't get me wrong. Once the games kick off in China this August, it will be the only thing people will watch (partially because there will be nothing else on TV).

Even Monday's unveiling of the men's basketball team produced my first yawn of the day.

But the pre-Olympic buzz is dead. The last time I remember caring about any of the athletes outside of their two weeks of fame every other year was when the great "Dan vs. Dave" ads were on in 1992 to promote decathletes Dan O'Brien and Dave Johnson. Of course, O'Brien didn't even end up making the U.S. team.

How did it get this way? The answer isn't the steroids scandal.

More than anything, it's just the choices we have. More Americans than ever are watching the Euro Cup, lacrosse keeps growing, and more MLB, NBA and NHL games are available.

Eventually, I will care about dismounts and pike dives. Just call me six weeks from now, when my Olympic fire will be lit.



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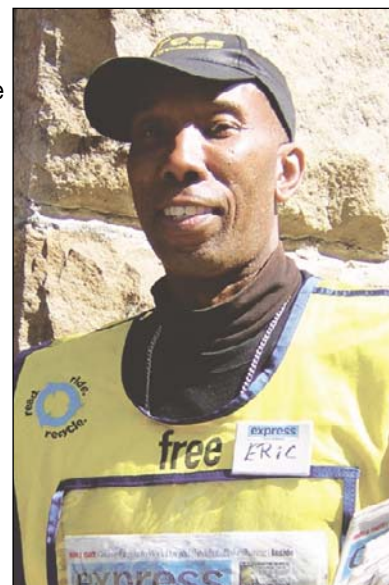
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Sports



"I think Willie [Randolph] did a good job. I think that the results the last, say, 14 months were not up to what we thought it had to be."

— Mets owner Fred Wilpon, who defended the former manager but said he supported the decision to fire him.

U.S. Team Goes With Hope

Women's Olympic soccer crew will not include goalie Scurry

OLYMPICS | Goalkeeper Hope Solo was among 18 players picked Monday for the U.S. Olympic women's soccer roster, nine months after she was kicked off the team at the World Cup.

Briana Scurry, who took over for Solo in last year's World Cup semifinal loss to Brazil, was left off the roster by coach Pia Sundhage, who replaced Greg Ryan following the World Cup debacle.

Solo was the starter for most of 2007, but Ryan surprisingly replaced her with Scurry for the semifinal, which the Americans lost 4-0. Solo criticized Ryan, saying she would have made the saves, and



Briana Scurry, right, was spurned in favor of star goalkeeper Hope Solo, left.

was dropped from the team.

Sundhage, who has led the team to an 18-0 record, said the events of last year didn't play into her decision. Nicole Barnhart, who also was on the Peace Cup roster, will be Solo's Olympic backup.

"Both Hope and Nicole, they're very good with their feet, and that's necessary the way we're playing

right now," Sundhage said.

Solo, Scurry and Barnhart were on the roster for the Peace Queen Cup tournament in South Korea. Solo played as the Americans beat Canada 1-0 to win the title.

Sundhage said the 36-year-old Scurry, who had been on the roster for every major tournament since 1991, was "very professional" when told of the decision and that it didn't necessarily mark the end of Scurry's time with the national team.

"If she continues to play in the league next year, she has a chance to come back and play," Sundhage said.

Half the roster was part of the gold medal-winning U.S. team at the 2004 Athens Olympics. Defenders Christie Rampone and Kate Markgraf, the co-captains, will compete in their third Olympics. (AP)

Owner to Have Drug-Free Stable

HORSE RACING | Big Brown's owner doesn't want to wait for the federal government to come in and clean up horse racing. Michael Iavarone, the co-owner of IEAH Stables, said Monday the 50-plus horses owned by the syndicate will be drug-free by the end of the year. That includes steroids and all other legal racing medications except for Lasix.

Iavarone said last week's con-

gressional hearing — in which owners, veterinarians and industry officials expressed a strong desire to rid the sport of steroids — led to the decision.

"You see that people that are influential in the game all want it," Iavarone said. "Hopefully, we're the first of many [owners] to take the step, but you've got to show you really want it."

Rep. Ed Whitfield, R-Ky., called the move a good sign but doesn't expect to see other owners lining up behind IEAH. WILL GRAVES (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN2) Jon Garland is supposed to go up against Shawn Hill when the Angels play the Nationals in Washington.

ORIOLES (8 P.M. ON WGN) The Orioles are on national TV, thanks to an inter-league series against the MLB-leading

Chicago Cubs.

COLLEGE BASEBALL (7 P.M. ON ESPN) Game 2 of the College World Series between Fresno State and Georgia is in Omaha, Neb.

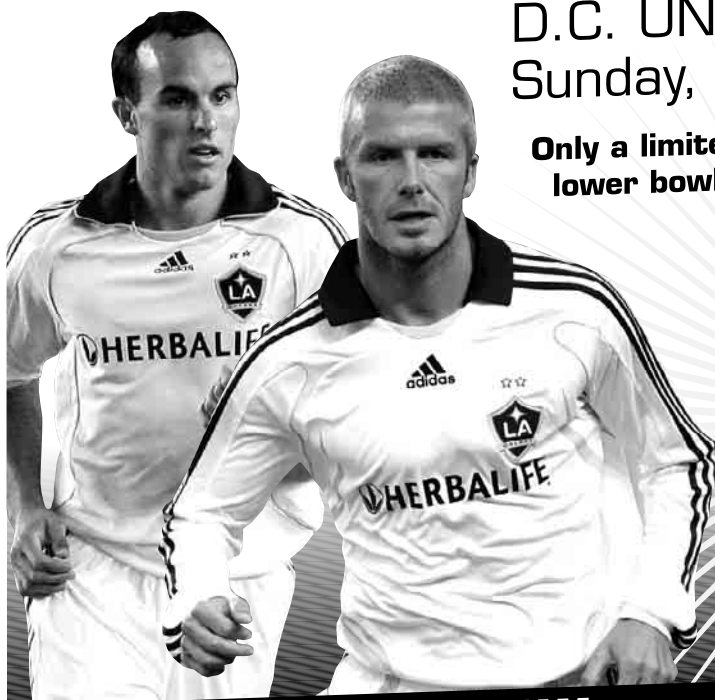
TENNIS (7 A.M. ON ESPN2) Wake up to Wimbledon all week long.

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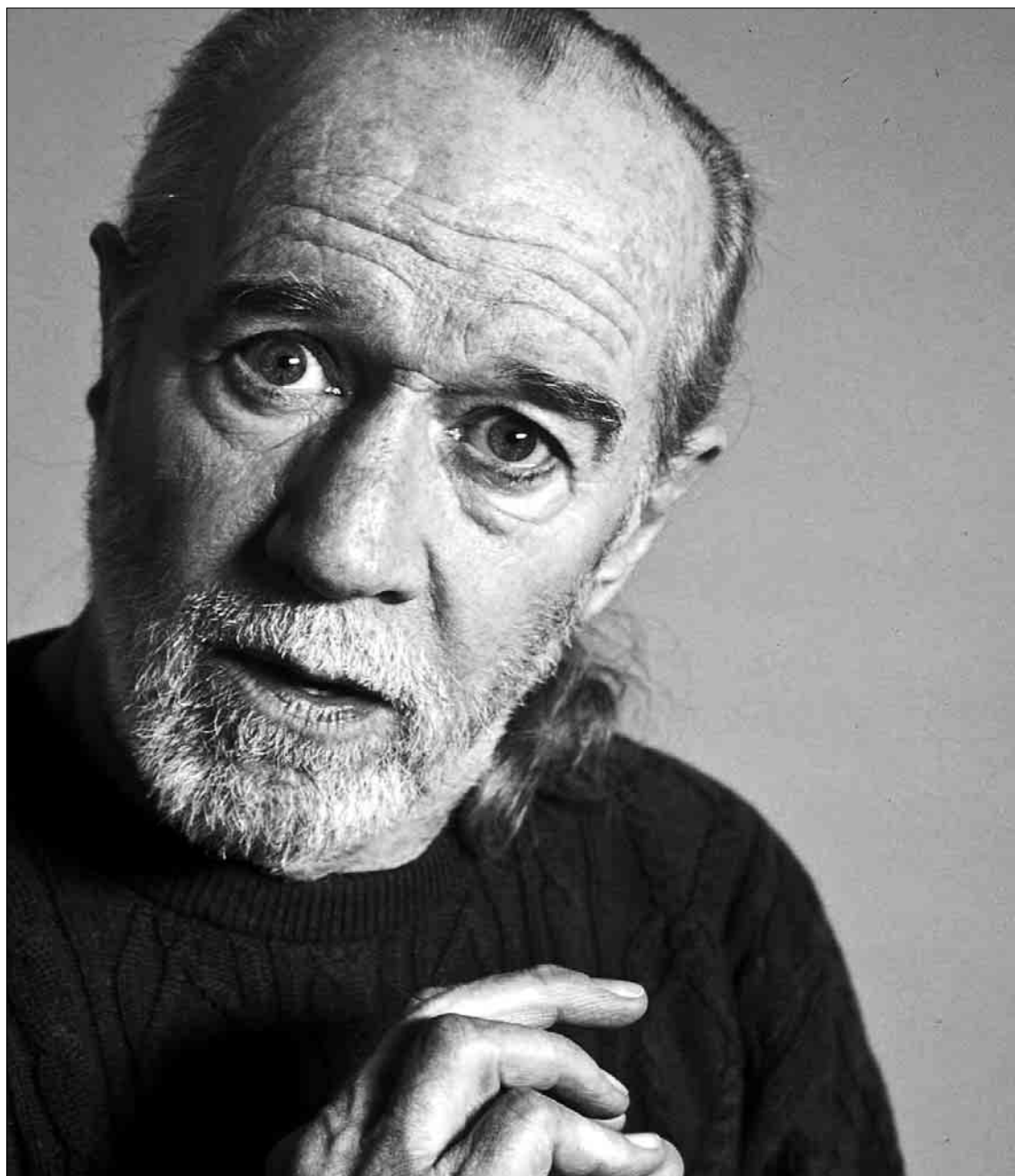


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SHE EEZ SO GRATEFOOL FOR DEEZ HONORZ: Celine Dion is responsible for the world's worst cover, a poll of music experts has decided. Her rendition of the AC/DC track "You Shook Me All Night Long" was given the title in the Total Guitar magazine survey.

Entertainment



LIFE IS FUNNY: Carlin mocked a world that, in his mind, took itself too seriously. The comedian died Sunday of heart failure.

The Last Laugh

Counterculture icon and comedy great George Carlin dies

OBIT | "Seven Words You Can Never Say on Television." "Some People Are Stupid." "Stuff." "People I Can Do Without."

George Carlin, who died of heart failure Sunday at 71, leaves not only a series of memorable routines, but also a legal legacy:

His most celebrated monologue — a frantic, informed riff on those infamous seven words — led to a Supreme Court decision on broadcasting offensive language.

The counterculture hero's jokes also targeted things such as misplaced shame, religious hypocrisy and linguistic quirks: Why, he asked, do we drive on a parkway and park on a driveway?

Carlin, who had a history of heart trouble, went into St. John's

Health Center in Santa Monica on Sunday afternoon complaining of chest pain and died later that evening, said his publicist, Jeff Abraham. He had performed as recently as last weekend at the Orleans Casino and Hotel in Las Vegas.

"He was a genius, and I will miss him dearly," said Jack Burns, who was the other half of a comedy duo with Carlin in the early 1960s.

The actor Ben Stiller called Carlin "a hugely influential force

in stand-up comedy. He had an amazing mind, and his humor was brave and always challenging us to look at ourselves and question our belief systems, while being incredibly entertaining. He was one of the greats."

Carlin constantly breached the accepted boundaries of comedy and language, particularly with his routine on the "Seven Words" — all of which are taboo on broadcast TV to this day.

When he uttered all seven at a show in Milwaukee in 1972, he was arrested on charges of disturbing the peace, freed on \$150 bail and exonerated when a Wisconsin judge dismissed the case, saying it was indecent but citing free speech and the lack of any disturbance.

When the words were later played on a New York radio station, they resulted in a 1978 Supreme Court ruling upholding the government's authority to sanction stations for broadcasting offensive language during hours when children might be listening.

"So, my name is a footnote in American legal history, which I'm perversely kind of proud of," he said earlier this year.

Despite his reputation as unapologetically irreverent, Carlin was a television staple through the decades, serving as host of the "Saturday Night Live" debut in 1975 — noting on his Web site that he was "loaded on cocaine all week long" — and appearing about 130 times on "The Tonight Show."

He produced 23 comedy albums, 14 HBO specials, three books and a few TV shows, and appeared in several movies, from his own comedy specials to "Bill and Ted's Excellent Adventure" in 1989.

He won four Grammy Awards for best spoken comedy album and was nominated for five Emmys. On Tuesday, it was announced that Carlin was being awarded the 11th annual Mark Twain Prize for American Humor, which will be presented Nov. 10 in Washington and broadcast on PBS.

Carlin's first wife, Brenda, died in 1997. He is survived by wife Sally Wade; daughter Kelly Carlin McCall; son-in-law Bob McCall; brother Patrick Carlin; and sister-in-law Marlene Carlin.

KEITH ST. CLAIR (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

BARBARA EHRENREICH Definitely Not Our Land



Barbara Ehrenreich, famous for authoring "Nickel and Dimed," will read and sign her latest work at Politics & Prose tonight. "This Land Is Their Land" is a collection of satirical essays pointing out the gap between rich and poor in America. It'll definitely be funny, but you'll walk away depressed, in that slightly satisfying way.

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919.*

(Van Ness-UDC)



DOG DAY AFTERNOON

Based on a True Story

2 Yes, this classic Al Pacino flick about a heist turned media circus is based on real events; but don't let that spoil your enjoyment of it. Pacino's performance as a guy stealing for an unconventional reason is startling.

→ *National Portrait Gallery, 8th and F streets NW; 7 p.m., free; 202-633-1000.* (Gallery Place)

THE CASSETTES

Whimsical Indie

3 The Cassettes (or the Cassettes Musical Explorer Society, as they are also known) are a "Mystic Country"/Steampunk band. What, you say? That's code for indie with an Old West feel — in general, well worth a trip to the Black Cat's backstage.

→ *Black Cat, 1811 14th St. NW; 8:30 p.m., \$8; 202-667-7960.* (U St.-Cardozo)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



WITH A DASH OF LEGGINGS: New Hollywood coldspot Millions of Milkshakes will feature some unusual flavors — specifically, shakes titled Britney Spears, Lindsay Lohan and Paris Hilton. We're predicting they taste like cocaine mixed with despair.

Men Behind the Music

Skaggs rediscovers a collaborator and a friend after 10 years

CROSSOVER | Rick Skaggs thinks bluegrass is in a constant state of rejuvenation.

"I think bluegrass has always reinvented itself through the years," Skaggs said.

If anyone can speak to the past and present of bluegrass, it's the 53-year-old multi-instrumentalist.

"I think I have an eye to prophetically see what the music can be," he said. "I think I'm in a good position because I've had the great relationship with Bill Monroe. I got to expe-

rience the real heroes.

"I think I'm in a good position to comment on the thing," Skaggs continued. "The iPod generation really don't know about the fathers of bluegrass; they don't know much past Alison Krauss."

Skaggs said the successful collaboration between Krauss and Robert Plant, reminds him of when he first started working with genre-bending singer-pianist Bruce Hornsby. The pair first met more than 10 years ago

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Read Rudi Greenberg's full conversation with Ricky Skaggs online at **readexpress.com**

at a Fourth of July weekend show.

"There were more artists on-stage and backstage than [people] in the audience," Skaggs said. Hornsby asked Skaggs to sit in for a song, but then the pair lost contact.

Then, in the late '90s, Skaggs assembled a group of musicians to pay tribute to the late mandolin legend Monroe.

Hornsby was the first person Skaggs asked, and his version of "Darlin' Corey" with Skaggs, became the centerpiece of "Big Mon: The Songs of Bill Monroe."

"From that day on, we knew we had to do more of this," he said. "This was just too much fun to just do one song and walk away." RUDI GREENBERG



BLUEGRASS BROTHERS: Pianist Bruce Hornsby, left, and bluegrass legend Rick Skaggs (who are not really brothers) will play Wolf Trap Wednesday night.

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Adv. Tix on Sale WALL-E (G) ★

GET SMART - DP (PG-13) ★

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LOVE GURU (PG-13)

THE INCREDIBLE HULK (PG-13)

OC & DA: THE INCREDIBLE HULK (PG-13)

KUNG FU PANDA (PG)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

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LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

IRON MAN (PG-13)

OC & DA: THE INCREDIBLE HULK (PG-13)

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

OC & DA: YOU DON'T MESS WITH THE ZOHOAN (PG-13)

MAJESTIC STADIUM 20

900 Ellsworth Dr. Silver Spring, MD 240-393-4826

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

THE STRANGERS (R) - ID REQ'D

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

Free Family Film Festival Tue, Wed & Thu 10AM

ROYALE STADIUM 14

6605 America Blvd. Hyattsville, MD 301-864-3456

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

IRON MAN (PG-13)

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE INCREDIBLE HULK (PG-13)

OC & DA: THE INCREDIBLE HULK (PG-13)

THE HAPPENING (R) - ID REQ'D

KUNG FU PANDA (PG)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

Free Family Film Festival Tue, Wed & Thu 10AM

BALLSTON COMMON STADIUM 12

671 N Glebe Rd 800-FANDANGO 377#

Adv. Tix on Sale WALL-E (G) ★

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

THE STRANGERS (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

WHAT HAPPENS IN VEGAS (PG-13)

MADE OF HONOR (PG-13)

THE VISITOR (PG-13)

FORGETTING SARAH MARSHALL (R) - ID REQ'D

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART - DP (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

THE STRANGERS (R) - ID REQ'D

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

FREEHOUSE DOG (PG)

MR. MAGORIUM'S WONDER EMPORIUM (G)

Free Family Film Festival - Today 10AM

KINGSTOWNE STADIUM 16

5910 Kingstowne Towne Center 703-822-4956

Adv. Tix on Sale WALL-E (G) ★

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

PIRATES WHO DON'T DO ANYTHING - VEGGIE TALES (G)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

FOX STADIUM 16

22875 Crawford Plz. Asburn, VA 703-957-1035

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

GET SMART (PG-13) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

IRON MAN (PG-13)

THE INCREDIBLE HULK (PG-13)

Free Family Film Festival Tue, Wed & Thu 10AM

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale WALL-E (G) ★

Adv. Tix on Sale WANTED (R) - ID REQ'D ★

Adv. Tix on Sale HANCOCK (PG-13) ★

Adv. Tix on Sale WALL-E (G) ★

LOVE GURU (PG-13)

THE HAPPENING (R) - ID REQ'D

THE INCREDIBLE HULK (PG-13)

YOU DON'T MESS WITH THE ZOHOAN (PG-13)

KUNG FU PANDA (PG)

THE STRANGERS (R) - ID REQ'D

SEX AND THE CITY (R) - ID REQ'D

INDIANA JONES: THE KINGDOM OF THE CRYSTAL (PG-13)

CHRONICLES OF NARNIA: PRINCE CASPIAN (PG)

IRON MAN (PG-13)

Free Family Film Festival Tue



TALK STOCKS OVER STEAKS: The online bidding for a lunch with investor Warren Buffet began at \$25,000 Sunday evening and ends Friday. The winning bidder will dine with Buffett at the Smith & Wollensky steak house in New York City. All proceeds go to charity (we should hope so).

Entertainment

A New Game in Town

IDEA MAN | In the second grade, James Silva didn't just play "Mario" and "Zelda" on his Nintendo, but drew pictures of new levels and cooked up ideas for future games. While other kids dreamed of becoming an astronaut or president, he felt destined to be a video game designer.

Conquering space or politics might have been easier. Besides a good idea, game developers have needed a distribution deal to get

their work on consoles like the Xbox or PlayStation. And over the years, the industry has been shrinking to a handful of big players who use large teams of in-house programmers.

But Silva is a one-man game maker for the Xbox 360. He's among a growing number of independents working to distribute their games to Internet-connected consoles with the help of game box makers seeking to meet demand for titles beyond the usual shoot-'em-ups.

Microsoft, Sony Corp. and Nintendo Co. have all opened up digital distribution channels to their consoles. The financial risk is low, and it helps console makers keep an eye on up-and-coming talent and ideas.

"They understand [how] market dynamics work. They see how indie can get in there and disrupt things," said Corey Bridges, co-founder of Multiverse Network Inc.

This year, Silva, a former restaurant dishwasher, became some-

thing of a poster child for Microsoft's developer tool, XNA Game Studio. After winning Microsoft's "Dream-Build-Play" contest last year, Silva's game, "Dishwasher: Dead Samurai," will be published on the Xbox Live Arcade network later this year. The game features a dishwasher in a dark, zombie-filled underworld.

But while Microsoft is helping game designers, in the end it's still geared toward pushing indies through the company's publishing channel.

"They have seen the barbarians at the gate," said Bridges, "and they are trying to channel them through the right gate." BARBARA ORTUTAY (AP)



MIKE GROLL/AP

James Silva has achieved every teen-age gamer's dream with "Dishwasher."

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AMC HOFFMAN CENTER 22
Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 12:10, 2:35, 4:55, 7:15, 9:35
GET SMART (PG13) 1:05, 1:45, 2:20, 3:50, 4:30, 5:10, 6:40, 7:20, 8:00, 9:30, 10:10, 10:35
THE LOVE GURU (PG13) 12:20, 1:15, 2:45, 3:35, 5:15, 5:55, 7:40, 8:25, 10:05, 10:40
THE HAPPENING (R) 12:30, 2:10, 2:50, 4:35, 5:15, 7:00, 7:45, 9:25, 10:00
THE INCREDIBLE HULK (PG13) 12:50, 1:30, 2:05, 3:40, 4:20, 5:00, 6:30, 7:10, 7:50, 9:20, 10:00, 10:30
THE INCREDIBLE HULK (PG13) 1:30, 4:20, 7:10, 10:00
KUNG FU PANDA (PG) 2:00, 4:25, 6:45, 9:00
YOU DON'T MESS WITH THE ZOHAH (PG13) 12:15, 2:10, 2:55, 4:50, 5:30, 7:35, 8:15, 10:15
SEX AND THE CITY (R) 12:55, 1:40, 4:10, 4:50, 7:30, 8:10
THE STRANGERS (R) 1:00, 3:10, 5:25, 7:30, 9:40
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:55, 2:35, 4:40, 5:20, 7:25, 8:05, 10:10
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:35, 4:45, 7:55
IRON MAN (PG13) 1:25, 4:15, 7:05, 9:55

AMC COLUMBIA MALL 14
10300 Patuxent Parkway
703-998-4AMC

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 1:10, 3:45, 6:10, 8:40, 11:00
GET SMART (PG13) 12:05, 1:30, 2:50, 4:15, 5:35, 7:00, 8:20, 9:45, 11:05
THE LOVE GURU (PG13) 12:15, 1:15, 2:40, 3:40, 5:05, 6:05, 7:30, 8:30, 9:55, 10:55
THE HAPPENING (R) 1:50, 4:10, 6:30, 8:50, 11:10
THE INCREDIBLE HULK (PG13) 1:20, 2:20, 4:05, 5:10, 6:50, 8:00, 9:35, 10:50
THE INCREDIBLE HULK (PG13) 1:20, 4:05, 6:50, 9:35
KUNG FU PANDA (PG) 12:10, 2:30, 4:55
YOU DON'T MESS WITH THE ZOHAH (PG13) 12:20, 2:55, 5:30, 8:10, 10:45
SEX AND THE CITY (R) 12:40, 3:50, 7:10, 10:20
THE STRANGERS (R) 7:20, 9:40
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 2:00, 4:50, 7:40, 10:30
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 12:00, 3:10
IRON MAN (PG13) 6:20, 9:15

LOEWS GEORGETOWN 14
3111 K Street, N.W.
202-342-6441

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 2:05, 4:20, 6:25, 8:45, 10:00
GET SMART (PG13) 1:20, 2:35, 4:00, 5:15, 6:45, 8:00, 9:30, 10:30
THE LOVE GURU (PG13) 12:45, 1:50, 3:05, 4:10, 5:25, 6:30, 7:45, 8:50, 10:05
THE HAPPENING (R) 12:30, 2:40, 5:00, 7:25, 9:45
THE HAPPENING (R) 12:30, 2:40, 5:00, 7:25, 9:45
THE INCREDIBLE HULK (PG13) 1:30, 2:45, 4:15, 5:30, 7:00, 8:15, 9:50
KUNG FU PANDA (PG) 12:35, 2:55, 5:10
YOU DON'T MESS WITH THE ZOHAH (PG13) 2:25, 5:05, 7:50, 10:20
SEX AND THE CITY (R) 12:55, 2:10, 4:05, 5:20, 7:15, 8:30, 10:25
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:55, 4:45, 7:35, 10:15
IRON MAN (PG13) 1:35, 4:25, 7:10, 10:10

✓-SPECIAL ENGAGEMENT No passes or discount coupons

AMC POTOMAC MILLS 18
2700 Potomac Mills Circle, Ste 886
703-998-4262

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 12:20, 2:45, 5:10, 7:45, 10:05
GET SMART (PG13) 12:35, 1:25, 2:25, 3:20, 4:20, 5:05, 6:15, 7:05, 7:55, 9:00, 9:55, 10:30
THE LOVE GURU (PG13) 12:10, 1:15, 2:35, 3:40, 5:00, 6:00, 7:25, 8:25, 9:45
THE HAPPENING (R) 12:00, 2:20, 3:00, 4:45, 7:10, 8:00, 9:30
THE INCREDIBLE HULK (PG13) 12:40, 1:20, 2:00, 3:30, 4:10, 4:50, 6:20, 7:00, 7:40, 9:10, 9:50, 10:25
KUNG FU PANDA (PG) 1:45, 4:15, 6:50, 9:15
KUNG FU PANDA (PG) 1:45, 4:15, 6:50, 9:15
YOU DON'T MESS WITH THE ZOHAH (PG13) 12:05, 1:40, 4:35, 5:15, 7:35, 10:15
SEX AND THE CITY (R) 12:45, 4:00, 7:20, 10:25
THE STRANGERS (R) 8:20, 10:30
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:30, 4:30, 7:30, 10:20
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:35, 4:55
IRON MAN (PG13) 1:00, 3:55, 7:15, 10:10

AMC COURTHOUSE PLAZA 8
Courthouse and Birch Rd.
703-998-4AMC

GET SMART (PG13) 12:00, 1:00, 2:40, 3:40, 5:20, 6:30, 8:00, 9:10
THE LOVE GURU (PG13) 12:20, 2:30, 4:40, 7:00, 9:30
THE HAPPENING (R) 12:30, 3:00, 5:10, 7:20, 9:40
THE INCREDIBLE HULK (PG13) 12:10, 1:20, 2:50, 3:50, 5:30, 6:40, 8:10, 9:20
SEX AND THE CITY (R) 1:10, 4:10, 7:10, 10:10
IRON MAN (PG13) 1:30, 4:20, 7:30, 10:20

MAGIC JOHNSON CAPITAL CENTRE 12
800 Shopper's Way, Largo
301-324-4220

GET SMART (PG13) 12:05, 2:35, 5:05, 7:35, 10:05
THE LOVE GURU (PG13) 12:30, 3:00, 5:30, 8:00, 10:10
THE HAPPENING (R) 12:20, 1:50, 2:50, 4:20, 5:20, 6:50, 7:50, 9:20, 10:05
THE INCREDIBLE HULK (PG13) 12:10, 1:10, 3:10, 4:10, 6:10, 7:10, 9:10, 10:10
KUNG FU PANDA (PG) 12:15, 1:15, 2:45, 4:15, 5:15, 7:45, 10:00
YOU DON'T MESS WITH THE ZOHAH (PG13) 1:25, 4:25, 7:00, 9:40
SEX AND THE CITY (R) 12:45, 3:45, 6:45, 9:45
THE STRANGERS (R) 7:30, 10:00
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:05, 4:05, 7:05, 9:55
IRON MAN (PG13) 12:55, 3:55, 6:55, 9:50

LOEWS SHIRLINGTON 7
2772 South Randolph
703-671-0910 801

AMC SELECT

MONGOL (R) 2:10, 4:40, 7:20, 9:50
THE CHILDREN OF HUANG SHI (R) 2:30, 5:00, 7:30, 9:50
THE FALL (R) 1:50, 4:30, 7:00, 9:20
SON OF RAMBOW (PG13) 2:20, 4:50, 7:10, 9:30
THEN SHE FOUND ME (R) 1:30, 4:10, 7:50, 10:00
ROMAN DE GARE (R) 2:00, 4:20, 7:00, 9:10
THE VISITOR (PG13) 1:40, 3:50, 7:40, 9:55

LOEWS UPTOWN 1
3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:15, 4:15, 7:15, 10:15

AMC TYSONS CORNER 16
7850 Tysons Corner Center
703-998-4262

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 11:25, 1:45, 4:05, 6:30, 8:50
GET SMART (PG13) 11:00, 12:15, 1:40, 3:05, 4:30, 5:45, 7:15, 8:25, 9:55, 11:00
THE LOVE GURU (PG13) 11:10, 12:10, 1:30, 2:30, 3:45, 4:45, 6:00, 7:10, 8:30, 9:40, 10:45
THE HAPPENING (R) 11:05, 1:20, 3:35, 5:50, 8:10, 10:35
THE INCREDIBLE HULK (PG13) 11:00, 12:00, 1:35, 2:50, 4:15, 5:30, 7:20, 8:20, 10:05, 11:00
KUNG FU PANDA (PG) 12:20, 2:45, 5:10, 7:35, 9:50
YOU DON'T MESS WITH THE ZOHAH (PG13) 11:20, 12:30, 1:55, 3:00, 4:35, 5:35, 7:25, 8:15, 10:10, 10:55
YOU DON'T MESS WITH THE ZOHAH (PG13) 11:20, 1:55, 4:35, 7:25, 10:10
SEX AND THE CITY (R) 12:45, 4:00, 7:05, 10:25
THE STRANGERS (R) 12:40, 5:25, 10:15
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 1:10, 4:10, 7:00, 9:45
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:15, 4:25, 7:40, 10:50
WHAT HAPPENS IN VEGAS (PG13) 2:55, 7:45
IRON MAN (PG13) 11:15, 2:05, 4:55, 7:50, 10:40

AMC MAZZA GALLERIE
Jennifer and Wisconsin
202-537-9553

GET SMART (PG13) 1:10, 4:20, 7:20, 10:15
THE LOVE GURU (PG13) 12:45, 3:00, 5:40, 8:00, 10:30
THE HAPPENING (R) 1:15, 4:10, 7:05, 9:40
THE INCREDIBLE HULK (PG13) 1:50, 4:40, 7:30, 10:20
KUNG FU PANDA (PG) 1:00, 3:15, 5:30, 7:40, 10:00
YOU DON'T MESS WITH THE ZOHAH (PG13) 1:20, 4:15, 7:00, 9:50
SEX AND THE CITY (R) 12:55, 4:00, 7:10, 10:10

LOEWS RIO CINEMAS 18
9811 Washingtonian Boulevard
301-948-0906

DIGITAL PRESENTATION

KUNG FU PANDA (PG) 1:45, 4:05, 6:25, 8:45
GET SMART (PG13) 12:00, 1:00, 1:50, 2:45, 3:45, 4:35, 5:30, 6:30, 7:15, 8:10, 9:15, 9:50, 10:45
THE LOVE GURU (PG13) 12:50, 2:05, 3:15, 4:25, 5:40, 7:00, 8:00, 9:20, 10:20
THE HAPPENING (R) 12:55, 2:25, 3:20, 4:45, 5:45, 7:15, 8:15, 9:45, 10:30
THE INCREDIBLE HULK (PG13) 12:50, 2:00, 3:25, 4:50, 6:10, 7:40, 8:55, 10:25
THE INCREDIBLE HULK (PG13) 12:50, 3:25, 6:10, 8:55
KUNG FU PANDA (PG) 12:30, 2:55, 5:15, 7:30, 9:55
YOU DON'T MESS WITH THE ZOHAH (PG13) 12:10, 1:40, 2:50, 4:15, 5:35, 6:55, 8:20, 9:45
SEX AND THE CITY (R) 1:20, 4:30, 7:35, 10:40
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 12:45, 2:10, 3:35, 5:05, 6:40, 7:55, 9:35, 10:45
THE CHRONICLES OF NARNIA: PRINCE CASPIAN (PG) 1:45, 5:10, 8:30
IRON MAN (PG13) 1:25, 4:15, 7:10, 10:15

LOEWS WHITE FLINT 5
North Bethesda
1-800-FANDANGO #741

GET SMART (PG13) 1:50, 4:25, 7:10
KUNG FU PANDA (PG) 1:15, 3:30, 5:45, 7:50
YOU DON'T MESS WITH THE ZOHAH (PG13) 2:15, 5:00, 7:45
SEX AND THE CITY (R) 1:35, 4:30, 7:40
INDIANA JONES AND THE KINGDOM OF THE CRYSTAL SKULL (PG13) 2:00, 4:45, 7:35

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Television



GOODBYE, SIN CITY; HELLO, PINKBERRY: For the first time in 10 years, the MTV Video Music Awards will be broadcast from Los Angeles. No host or nominees have been announced. Last year's show was televised from Las Vegas.

In Reality, a New Low

In an unprecedented move, 3 doozies start on the same night

WHY? | For reasons unknown, the geniuses currently running the networks into the ground have chosen to introduce "Celebrity Family Feud" (8 p.m., NBC), "Wipeout" (8 p.m., ABC) and "I Survived a Japanese Game Show" (9 p.m., ABC) on the same evening.

"I Survived a Japanese Game Show" documents a group of Americans who travel to Tokyo to appear on programs far stranger than "The Price Is Right." ABC did not make "Game Show" available for review, so I'm off the hook.

Only brief clips of "Wipeout" were showcased. The show consists of people competing in what looks like a giant's water park. It reminded me of "Survivor" but without the



WHAT IN TARNATION? On "Wipeout," people stumble over giant red rubber things.

intrigue and strategy.

Of the three, "Feud" may be the most pointless and pathetic. If the old "Family Feud" had any virtues, it was its display of ordinary people acting goofy and showing us how smart or dumb they could be under the pressure of hot lights, cameras and the withering quips of Rich-

ard Dawson.

Let's put aside for the moment that host Al Roker looks decidedly uncomfortable and bored. Do people like Joan Rivers or Raven-Symone really need more screen time? If you think so, then this "Feud" is for you. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

REAL BLOCKBUSTER

A murder in Los Angeles' Japanese district sparks a tense manhunt in the 1959 drama **THE CRIMSON KIMONO** (8 p.m., TCM).

HOW SWEET!

The devil takes a girlfriend on a rerun of **REAPER** (9 p.m., CW).

PERILOUS JOB

Storm damage on **DEADLIEST CATCH** (9 p.m., Discovery).

ALL EYES ON CHINA

FRONTLINE/WORLD (9 p.m., PBS) looks at Christianity in China.

TRY PLUGGING STUFF IN!

PRIMETIME: THE OUTSIDERS (10 p.m., ABC) looks at Amish teens who leave the fold for a trial period.

REAL QUICKIE

Sean battles urges on a five-minute episode of **RESCUE ME** (10 p.m., FX).

AND WE'RE SURPRISED?

A stuntman vanishes on a rerun of **WITHOUT A TRACE** (10 p.m., CBS).

ANCESTRAL SHAME

A filmmaker examines her New England ancestors' role in the slave trade on



THE LOVE SKEPTIC: Kati lives with a same-sex couple on "30 Days."

TRACES OF THE TRADE on the season debut of "P.O.V." (10 p.m., PBS).

HOT-BUTTON ISSUE

30 DAYS (10:05 p.m., FX) examines same-sex marriage.

NO LOVE SONGS HERE

Jay Leno hosts Sara Bareilles on **THE TONIGHT SHOW** (11:35 p.m., NBC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

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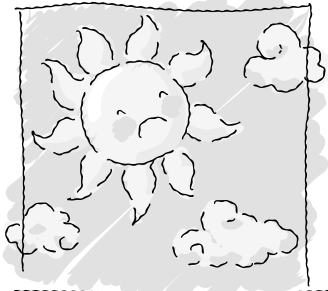
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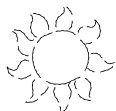
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Pop Culture

Wizard-inspired tunes are a hit with J.K. Rowling fans

Jen Leffler first escaped into the world of "Harry Potter" as an adolescent in suburban Chicago. A decade later, the love affair continues. Only now, it means taking road trips to concerts across the country.

Inspired by the characters and story lines from J.K. Rowling's intricate fantasy world, hundreds of bands devoted to the "Potter" experience have formed in recent several years.

The genre has its own name (wizard rock) and fashion sensibility (checkered scarves and askew neck ties replicate the Hogwarts school uniform) as well as a do-it-yourself aesthetic (most acts book their own shows).

With a decidedly youthful and literate audience, bands such as Draco and the Malfoys, Tom Riddle and Friends, and the Moaning Myrtles are as likely to gig in public libraries, bookstores or church basements as at rock clubs.

But the movement has grown big enough to support its own summer festival circuit. On Memorial Day weekend, more than 300 devotees gathered at a YMCA summer camp lodge in the Ozark foothills for Wrockstock 2008, a wizard rock extravaganza featuring 15 bands over three days.

Later this summer, similar events will happen in New York, Chicago and even De Pere, Wis., near Green Bay.

"A lot of people don't have a lot of friends where they come from," said Leffler, who plans to move to Louisville to join a friend she first met online in a wizard rock discussion forum. "And then they find 200 friends here."

While the band names and lyrics



MUSIC THAT CASTS A SPELL: "Harry Potter" fans listen to the Moaning Myrtles, right, a musical group inspired by J.K. Rowling's books at the Wrockstock festival.



Harry Potter and the Rockers



Wrockstock attendees dance to the House of Black band's music in Potosi, Mo.

pay homage to Rowling's elaborate fictional universe, the music is all over the map, from pensive singer-songwriters to blue-eyed soul and banjo-inflected country.

"People might assume that music based on 'Harry Potter' would be kind of gimmicky and shallow," said Matt Maggiamomo, whose one-man band is called the Whomping Willows.

Maggiamomo, 29, is a veteran of

the Providence, R.I., music scene. But it wasn't until he discovered wizard rock that he was able to quit his day job as technical writer and focus on music full time. A crowd of 500 attended his first show.

"This was my first show where everyone was focused on the music," he said. "A lot of times [before], there were 15 people in the crowd, and they were focused on getting drunk or talking to other people."

The Missouri festival attracted fans from as far away as Scotland, Wales, Quebec, British Columbia and South Africa — many of whom were visiting the country for the first time.

Forget about New York or the Grand Canyon. For those first-time visitors, the wizard rock community is the real attraction, said festival organizer Abby Hupp.

"They come here and have a sense of belonging," she said. "If you see that even total strangers will love you, it changes you. You become a more open, happy person."

At Wrockstock, the music came with a message. The merchandise table had not only concert T-shirts and compact discs but also bracelets calling for an end to genocide in Darfur and literacy-promoting bumper stickers.

As founder of the nonprofit Harry Potter Alliance, Boston resident Andrew Slack taps into the wizard rock world to promote social activism among what he calls the real-world minions of Dumbledore's

Army, the Hogwarts student group that rose up to fight intolerance and defend the teachings of their professor of the same name.

"Literature has in recent decades been a solitary experience," said the 28-year-old former sketch comedian. "But it can also be a communal one."

For Slack, that means voter registration booths at wizard rock concerts, or flyers alerting audience members to the threat of media consolidation or global warming.

"We're taking the messages of art and putting them into the real world in a tangible way," he said.

With all seven "Potter" books now complete, some fans fear that the scene could be short-lived. Yet with three more movies and a Florida theme park still on the horizon, most "Potter" acolytes don't expect to burn out anytime soon.

"I don't think it's going to last forever," said Slack. "But the 'Harry Potter' fan culture is never really going to go away." ALAN SCHER ZAGIER (AP)

Convention Crooners

Music

Performers entertain a range of people at Nashville gatherings

They don't have recording contracts and don't make concert tours. You've probably never heard of them.

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Nashville is a major convention draw, with most meetings at the sprawling Gaylord Opryland Resort & Convention Center or at the city-owned convention center. According to the Nashville Convention and Visitors Bureau, the city attracts 11 million visitors and more than 500 conventions per year. Convention delegates spent more than



Tim Watson plays the fiddle in a band that entertains at Nashville conventions.

\$422 million last year.

So, tourists in the city offer an attractive venue for Nashville's plentiful singers and musicians.

For sure, convention shows don't

get rowdy like some rock concerts. But they can be lively.

"I get Mike from sales up onstage to sing 'Mony Mony.' That's a home run," says Gary Jenkins, 42, who

"We give them a little bluegrass, a little country and maybe a little Southern gospel."

TIM WATSON, FIDDLER

with his band has been performing for conventions for 20 years and does a minimum of one corporate show per week.

He once entertained for a convention of bull semen salesmen.

"They had a real sense of humor about what they did, and they were ready to have a good time," Jenkins said. "It was like a rowdy frat party."

A few years ago, fiddler Tim Watson worked out a special song while performing with Tammy Wynette for GMC truck dealers.

"Instead of her 'Stand by Your Man,' we did 'Stand by Your Van,'" Watson recalled of the late singer's classic hit. On cue, corporate officials rolled out a van on the stage at Nash-

ville's Grand Ole Opry House.

He performs before a few hundred to several thousand spectators, doing blazing versions of "Rocky Top," "The Devil Went Down to Georgia" and "The Orange Blossom Special."

"We give them a little bluegrass, a little country and maybe a little Southern gospel and a medley of patriotic songs," said Watson, who has done hundreds of conventions in Nashville and elsewhere for about 20 years.

He and his band, Black Creek, have performed for Coca-Cola, Toyota, General Motors, Anheuser-Busch and others. He's made as much as \$20,000 per show, but most times it's much, much less.

Sometimes the corporate audiences flow neatly from one show to the next.

"We did the Batesville Casket Co. one night and funeral directors the next," he said.

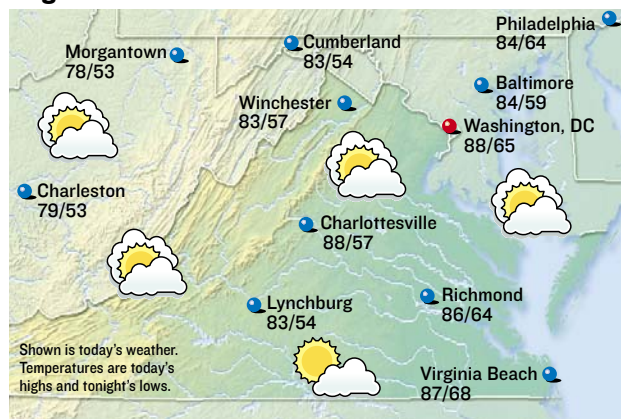
Watson once performed in Nashville for a Kimberly-Clark convention, and months later the company hired the band to play in Orlando, Fla.

"I had a late show here the night before, and they sent a corporate jet for us. So, a bunch of ragtag musicians piled out of a van in Nashville and got into a multimillion dollar jet for a show the next morning," he recalled. JOE EDWARDS (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, afternoon t-storm	Partly cloudy	Mostly sunny	Partly sunny	Partly sunny	Showers, thunderstorm
88°	65°	87° / 68°	90° / 71°	90° / 73°	91° / 73°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	86°
Low	69°
Normal high	86°
Normal low	67°
Average humidity	58%

Precipitation

24 hours ending 4 p.m.	0.06"
Month to date	3.91"
Normal month to date	2.39"
Year to date	27.83"
Last year to date	15.13"
Normal year to date	18.53"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

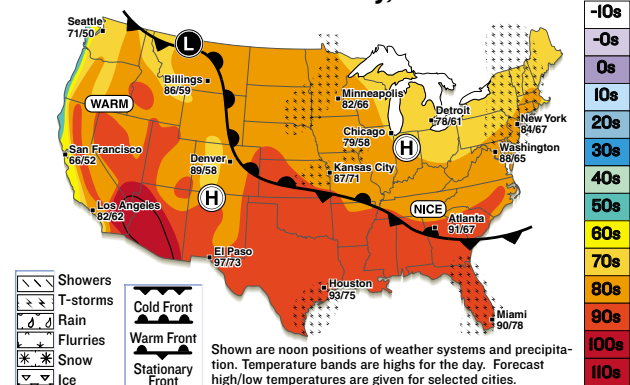
D.C. Metro: Today, partly sunny, an afternoon thunderstorm in northern areas. High 88. Wind northwest 8-16 mph. Tonight, partly cloudy. Low 65.

Sun and Moon

Sunrise today	5:44 a.m.
Sunset tonight	8:37 p.m.
Moonrise today	none
Moonset today	11:21 a.m.

Last	New	First	Full
June 26	July 2	July 10	July 18

National Weather for Tuesday, June 24



National Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Atlanta	91/67/s	90/72/s
Boston	81/63/t	79/63/s
Chicago	79/58/pc	85/67/t
Dallas	95/74/s	94/74/pc
Denver	89/58/t	97/59/t
Honolulu	89/75/s	89/76/s
Los Angeles	82/62/pc	80/62/pc
Miami	90/78/t	86/77/t
New York City	84/67/t	85/69/s
Orlando	92/74/t	92/73/t
Seattle	71/50/pc	68/51/pc

World Cities

City	Today Hi/Low/W	Wed. Hi/Low/W
Amsterdam	68/54/pc	72/54/pc
Athens	94/77/s	97/75/s
Berlin	72/57/s	74/58/r
Buenos Aires	59/46/pc	61/48/pc
Calgary	69/48/t	69/48/pc
Dublin	61/50/sh	63/52/pc
Geneva	82/59/c	80/60/pc
Moscow	64/50/sh	63/48/pc
Rome	88/63/s	88/65/s
Sydney	64/48/pc	64/50/s
Tokyo	82/70/pc	80/68/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOKout



VIEW MISTRESS: Miami salon owner Raquel Watters models some of her eyeglasses. She buys six or seven pairs per year.

Frame On

Glasses trends zero in on geek chic and oversize earpieces

The latest eyeglasses aren't just for seeing. With bold colors, futuristic frames and sparkling embellishments, they are meant to be seen.

About 145 million Americans were eyeglass wearers last year, according to industry analysts Jobson VisionWatch.

If they're shopping for new frames this year, they'll see a lot of two major trends that emerged from a recent eyewear convention in Italy, says Lisa Gear, director of frame buying for LensCrafters.

So-called "geek chic" is still in, with strong frames in bright colors, classic tortoiseshell and animal prints. This includes thicker frames that echo the Wayfarer sunglasses Tom Cruise sported decades ago in "Risky Business." "Picture that with a clear optical lens," Gear says. "That strong look, though, with women goes into a cat-eye glasses."

The thickness and embellishments stretch also down the glasses' side pieces — called "temples."

Crystals point in an arrow down the sides of pink- and orange-tinged Prada frames. At Dior, sparkling flowers underline the logo on the temples. Gucci added a bow at the hinge or Swarovski crystals that contrast with gold, black or violet temples.

An ornate crystal hinge puts a little space between the lenses and thick green temples of a pair of Bulgari glasses. Burberry stamped a plaid pattern over some of its tortoiseshell temples.

The oversized temples modernize eyeglass frames and offer designers' a bigger canvas for logos, says Timm Parker, vice president of

product development and design at eyewear manufacturer Safilo. He recommends looking for thinner temples if unobstructed peripheral vision is a concern.

While many designers' ads focus on the biggest and boldest frames, their collections do include smaller options for those looking for a more subtle accessory. "The best sellers are still much more calm," such as a Gucci frame with narrower, rounded rectangles and a webbed pattern stamped over temples that taper off toward the ear, says Parker.

As frames get bigger, they also are being designed with lighter materials to keep them from sliding off smaller noses, said eyewear designer Edward Beiner. "For the past 10 years or so, eyeglasses were so small, people with wider faces had trouble," he says. "Now everybody gets a chance."

"It's one of the least expensive entry products into the accessory products. Bags can cost thousands,"

Christian Dior sunglasses exemplify the trend toward loud earpieces.



Beiner says. "It's the first thing somebody sees when they look at you. It protects your eyes; it protects your skin. The pluses are endless."

At the other end of the spectrum from the bold looks are futuristic frames made from flat metals such as titanium. "These are not the round, wire frames. It's almost a plastic kind of look, very flat on the

“The best sellers are still much more calm.”

TIMM PARKER, VP OF PRODUCT AND DEVELOPMENT, SAFILO CORPORATION

front and very thin," Gear says.

Downtown Miami salon owner Raquel Watters probably has at least one of every trend in her eyewear collection. She changes her specs to match her clothes, as she would with jewelry.

Her glasses are her style trademark, and she keeps a pair by her bed to put on first thing in the morning. She also has more than 40 pairs stashed at her RikRak Salon, in her car, various purses and a special "glasses drawer" in her house.

"To me, glasses are an accessory you've got to have as you would have a purse or your shoes," she said recently, while wearing a thick, cream-colored pair of square frames by Fendi.

Like many of the six or seven pairs of glasses she buys per year, these frames were originally sunglasses that Watters had fitted with clear prescription lenses. Other frames currently rotating through her wardrobe include thick Jackie Onassis-style tortoiseshells, black square "eveningwear glasses" with crystal embellishments around the hinges and a clear plastic pair that resemble safety goggles.

Glasses styles can come and go rather quickly, especially in a tight economy where shoppers aren't splurging on accessories, says Candace Corlett, president of the marketing consulting firm WSL Strategic Retail.

"We have a stronger trend to simplify our lives," Corlett says. "Adding corrective glasses frames is another thing to keep track of."

JENNIFER KAY (AP)

Skin Care



A Noble Attempt

When this jar of supposed cellulite busting **FATGIRLSLIM** from Bliss (\$38, Sephora) hit our inbox, we could easily have been offended. Lucky for them, we inherited Mom's sense of humor as well as her dimply thighs (and neither yoga, nor weight training, nor an elliptical addiction has been able to beat those genes). Unfortunately, after five nights of slathering on the bedtime cream, our thighs were just as lumpy, despite the best efforts of red algae and sacred lotus extract. The score remains Genetics 1,264, Expensive Lotions 0. ERIN CLEMENTS RUSHING

Beauty

Flip a Few Lids



Just what U.S. highways needed: a product that encourages women to apply lipstick with just one hand! No more steering with your knees as you fumble haplessly with caps and compacts! OK, we never felt particularly challenged with traditional lipstick packaging, but we have to admit that the flip-top on Avon's **PRO-TO-GO LIPSTICK** (\$9, Avon.com) is pretty

fun to play with. Ordering your lip color online or via phone while looking at the catalog presents a challenge for shade selection, but we liked the light, beige rose of Pink Passion. E.C.R.

LOOK out Online

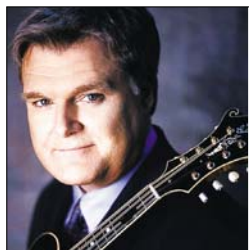

readexpress.com

site specifics

MUSIC

Pickin' 'Grass

Ricky Skaggs thinks bluegrass is in a constant state of rejuvenation—and if anyone can speak to the past and present of bluegrass, it's the 53-year-old multi-instrumentalist and spokesman. Rudi Greenberg chatted with Skaggs, who will appear at Wolf Trap Wednesday with Bruce Hornsby. | [COMING UP](#)



SOUND BETS

The Tricky Kid

In 2001, it felt like the muse of trip-hop auteur Tricky had evaporated with his bongwater. But in July, Tricky will release his new CD, "Knowle West Boy," which has a head-banging first single, "Council Estate." Christopher Porter discusses the song and video. | [ONLINE NOW](#)

MUSIC

Soca Warrior

D.C. Carnival is coming up, and on Friday Zanzibar is having a Trinidadian blowout with Fay Ann Lyons, Blaxx and headliner Bunji Garlin. Christopher Porter spoke to Garlin after last year's D.C. Carnival, and the soca superstar opened up. | [COMING UP](#)



comment board

“The better question would be whether it is possible for us to live anywhere else in the universe besides [on] Earth.”

COMMENTER NICOLE, WHO ADDED, “IN THIS DAY AND AGE, ISN'T IT PRETTY NAIVE TO THINK THAT ONLY CARBON-BASED LIFE IS POSSIBLE?”

“How could life be anywhere besides on Earth? God made Adam and Eve, and all of the flora and fauna in the world.”

AN ANONYMOUS COMMENTER, WHO ADDED, “I DON'T RECALL ANY DISCUSSION ABOUT LIFE ON MARS IN THE BIBLE, SO IT MUST NOT BE POSSIBLE.”



“I would be overjoyed at such a discovery, as it could possibly prevent, or at least reduce, the inevitable ridicule facing anyone who professes a belief in extraterrestrial intelligence.”

COMMENTER LONE GUNMAN, RESPONDING TO MONDAY'S POLL CENTER QUESTION, “WOULD IT DISTURB YOU IF SCIENTISTS FOUND THAT THERE HAD ONCE BEEN LIFE ON MARS?”

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

WOULD IT DISTURB YOU
IF SCIENTISTS FOUND
THAT THERE HAD ONCE
BEEN LIFE ON MARS?

95%

NO

5%

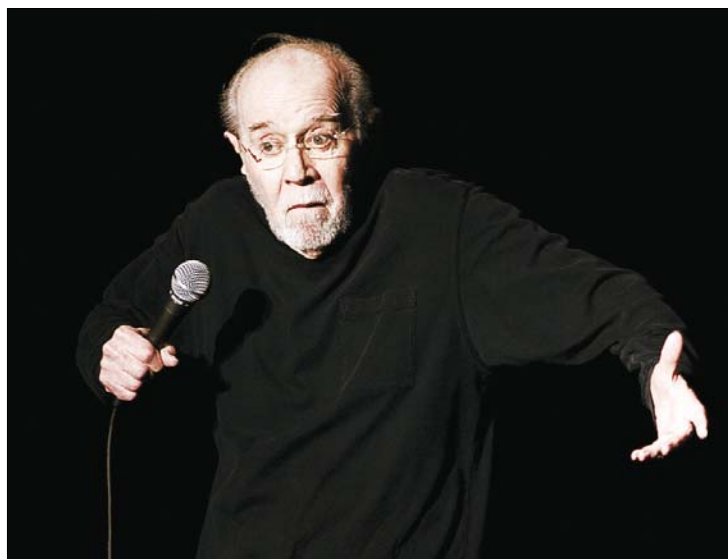
YES

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“I feel drunk.’ [She said.] Usually, a statement like that follows the mass consumption of alcohol. But, no, this was drunk by way of pork.”

APPLESBANANAS.BLOGSPOT.COM ATTENDED THE NATIONAL CAPITAL BARBECUE BATTLE WITH A FRIEND SUNDAY, ADDING, “[IT] ISN'T SOMETHING YOU WALK AWAY FROM EASILY.”



SAM MORRIS/LAS VEGAS SUN/INAP

“[George] Carlin was a social commentator, an aggravator and an etymologist, but first and foremost, he was funny.”

DEFAMER.COM OFFERS SOME PERSPECTIVE ON THE CAREER OF GEORGE CARLIN, WHO DIED SUNDAY, ADDING, “THERE WOULD BE NO LEWIS BLACKS OR BILL MAHERS WITHOUT CARLIN.”



“GEORGE CARLIN is an icon and will be missed. Anyone who can make me and my mother both laugh for different reasons can't be all bad.”

MUSINGSOFACHICK.BLOGSPOT.COM APPRECIATES THE MULTIGENERATIONAL HUMOR OF THE COMIC LEGEND WHO DIED SUNDAY AT 71 FROM HEART FAILURE.

“NEWT GINGRICH isn't worried about [Bob] Barr because, in his view, no 'reasonable conservative' would vote for anyone but McCain. Good luck finding one of those.”

TALKLEFT.COM HOPES LIBERTARIAN BOB BARR STEALS VOTES FROM REPUBLICAN JOHN MCCAIN IN THE GENERAL ELECTION.

“WHAT MAKES THE number and the placement on the top 10 highest ridership days list so impressive is that there were no baseball games, no state funerals and no visits from the pope to boost the numbers.”

COMMUTERPAGEBLOG.COM WAS HAPPY TO SEE METRO'S “DUMP THE PUMP DAY” WAS A SUCCESS, RANKING THE EIGHTH-HIGHEST OF ALL TIME FOR WEEKDAY RIDERSHIP.

Discussions

U.S. Oil Industry

BRIAN HICKS and **CHRIS NELDER**, authors of “Profit From the Peak: The End of Oil and the Greatest Investment Event of the Century,” were online Monday to discuss energy markets, alternative fuels, the future of gas prices, and oil and gas exploration off U.S. coasts.

I read recently that the U.S. produces about 5 million barrels of oil per day, and of that amount almost 2 million barrels is exported. Do you know why we are exporting oil when we clearly need every drop

for our own use?

The Energy Information Administration regularly reports the data on where imports and exports come from and where they go. Check out the Petroleum Navigator on their Web site for the data. Exports from the U.S. are a fine example of why oil is a globally traded commodity and why oil prices aren't all about us.

Any comments on John McCain's proposal to give a \$300 million prize for a new, improved car battery? Are we going to hear more credible ideas from our presidential candidates, such as investing in rail and public transportation?

I support all investment into R&D

on batteries. It's a crucial part of the picture. As for investing in rail and transportation, that is No. 2 on my list of recommendations, after efficiency gains.

From what I understand, once the shale oil industry kicks in, it can provide an almost unlimited source of oil at less than \$50 per barrel. Why haven't we heard more about this?

The oil industry has known about oil shale for decades. But the technology hasn't been there to support developing it.

TODAY ON DISCUSSIONS: Calling all foodies! Join us Tuesday for What's Cooking, our culinary hour with Kim O'Donnel, at 11:30 a.m. washingtontimes.com/discussions.

DO

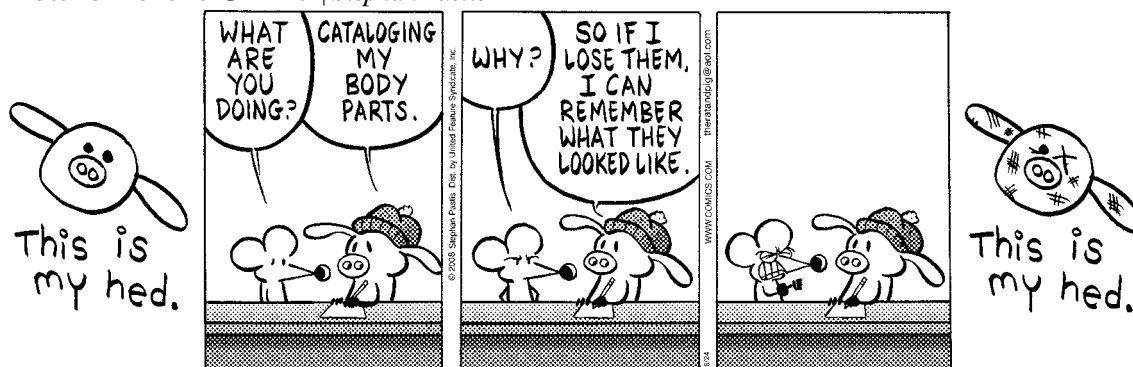
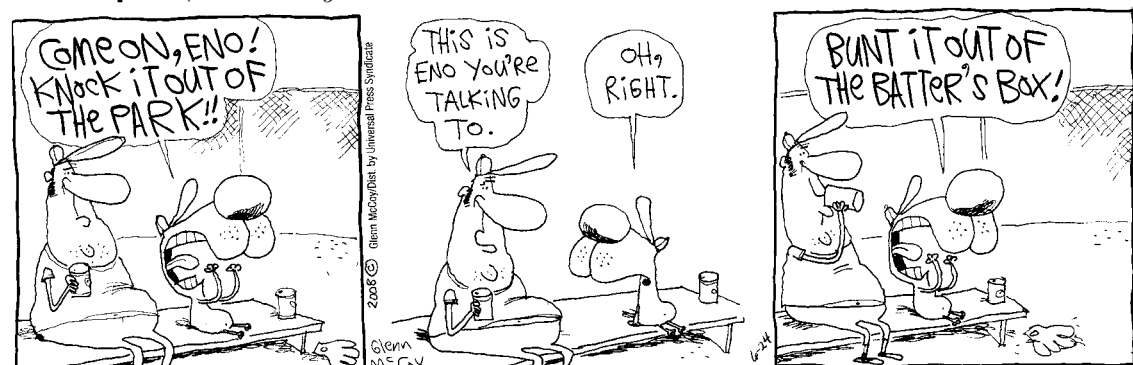
CHECK OUT YOUR LOCAL CABLE CHANNEL, PRINCE WILLIAM. The Prince William County government's cable access channel received three Emmy Awards at the 50th Annual Academy of Television Arts and Sciences, National Capital Chesapeake Bay Chapter Emmy Banquet last Saturday.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


"No, I'm not part of an elaborate kickback scheme. It's really pretty simple."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

CANCER (June 21-July 22) You and a close friend may have something cooking before the day is out — and what results may bring you both a little more notoriety.

LEO (July 23-Aug. 22) You can make your current relationship work, but be willing to compromise — and, perhaps, make a minor sacrifice.

VIRGO (Aug. 23-Sept. 22) You may be searching for something to inspire you, but you're looking a little too far from home. Try looking in your own backyard.

LIBRA (Sept. 23-Oct. 22) You may find yourself getting wrapped up in a struggle you neither desire nor understand — but one that you can put to rest for good.

SCORPIO (Oct. 23-Nov. 21) Building castles in the air can only hurt your cause at this time; be sure to establish a strong foundation, rooted in reality.

SAGITTARIUS (Nov. 22-Dec. 21) Details

must not be ignored, even as you tend to the larger issues affecting you and loved ones. Be aware of another's needs.

CAPRICORN (Dec. 22-Jan. 19) Someone who is opposed to your plans will have to admit that you do know what you're talking about. It's only a matter of time.

AQUARIUS (Jan. 20-Feb. 18) Be ready to make a difficult decision regarding future involvement in a major project or campaign. Consider family issues, too.

PISCES (Feb. 19-March 20) You must wait until the time is right before you tell someone what you're really thinking. Are you considering letting go a little?

ARIES (March 21-April 19) You're likely to finish a job well ahead of schedule. The time you have on your hands can be put to good use in a personal arena.

TAURUS (April 20-May 20) Don't be so stubborn that you miss an opportunity that you've been looking forward to for a long time. Accept that apology.

GEMINI (May 21-June 20) One of your more unusual ideas may actually prove a pop hit sooner than you think — and may remain in style much longer than you expect.

Letters

Who Cares About Winehouse?

I DON'T KNOW who at Express is so infatuated with Amy Winehouse, but the rest of us do not care. Every day, there is something else about

her in Express. Why not get out and cover some real news right here in D.C.? I'm sorry that she is ill ("She Needs Air," June 23), but she brought it on herself. Now, please, let her continue her downward spiral without the play-by-play.

—CARL BARNARD
Arlington, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

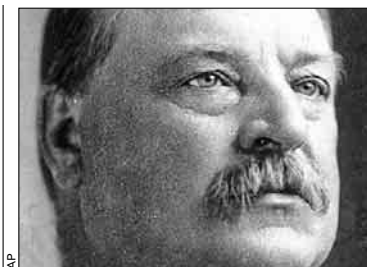
1509 Henry VIII is crowned king of England.

1807 A grand jury indicts former Vice President Aaron Burr on charges of treason and high misdemeanor (he was later acquitted).

1908 The 22nd and 24th president of the United States, Grover Cleveland, dies at age 71.

1948 Communist forces cut off all land and water routes between West Germany and West Berlin, prompting the western allies to organize the massive Berlin Airlift.

1983 The space shuttle Challenger — carrying America's first woman in space, Sally



Grover Cleveland died in 1908 at age 71.

Ride — coasts to a safe landing.

2007 Ali Hassan al-Majid, Saddam Hussein's cousin known as "Chemical Ali," and two others are sentenced by the Iraqi High Tribunal to hang for slaughtering up to 180,000 Kurdish men, women and children two decades earlier.



Two burly men stealthily let Vidal Sassoon think he's lifting heavy planks. BILL HABER/AP

VOLUNTEERISM

Photo Opportunity Impedes Actual Home Construction

World famous hairdresser **VIDAL SAS-
SOON** helped volunteers at a Habitat for Humanity construction site in the south Louisiana community of Slidell. The city, about 30 miles north of New Orleans, was badly damaged by Hurricane Katrina's winds and floodwater that swamped the area from nearby Lake Pontchartrain. Many residents couldn't return home for months. Monday's visit marked the second time Sassoon has visited St. Tammany Parish. (AP)

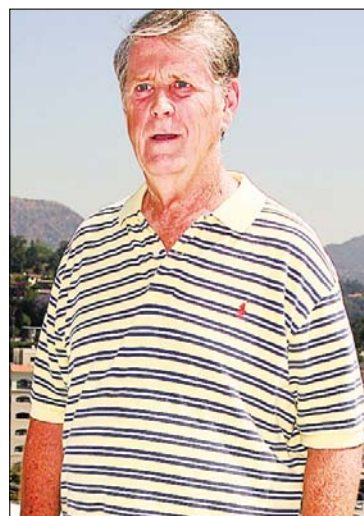
TROUBLESOME

U.S. Doesn't Want Amy Winehouse to Get Ideas

The U.S. has refused to grant a visa for **BOY GEORGE**, who wants to enter the States for his summer tour, E! reported. His criminal record in the



U.S. and a pending trial in London were the cause. "He is clearly not any form of risk," his management said. (EXPRESS)

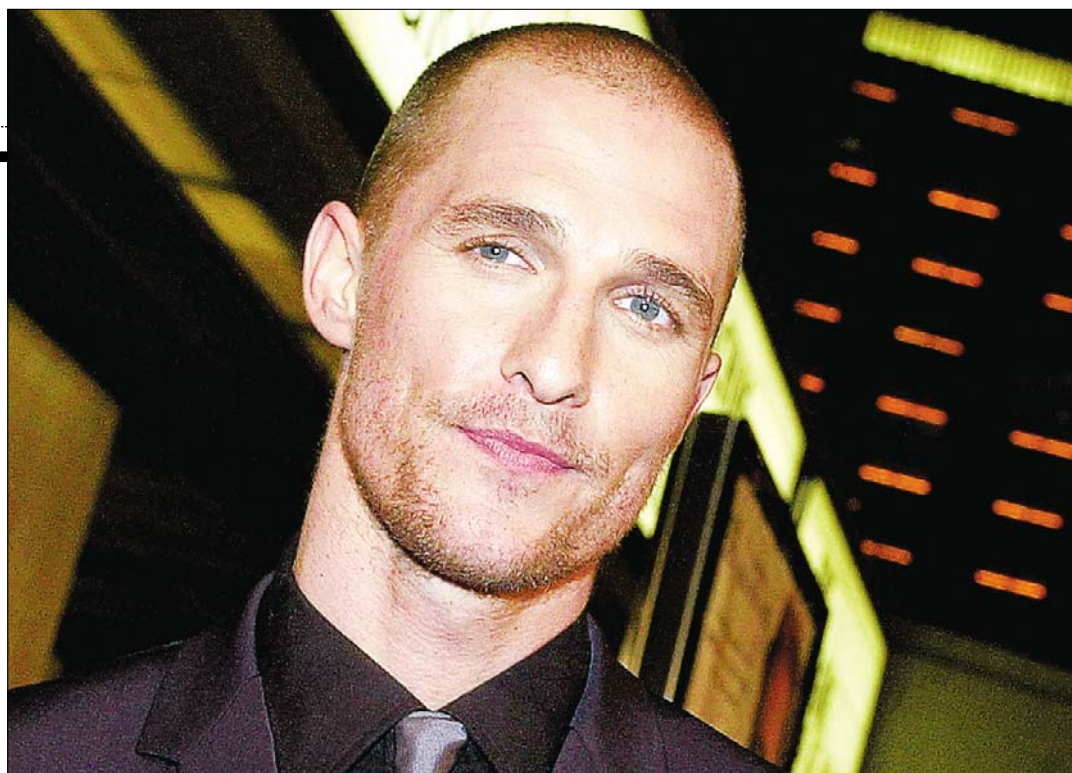


Brian's stylist was not on set for this. VALERIE MACONIGGETT

MUSIC

Nostalgia Tsunami Knocks Rhode Island Into Atlantic

The Newport, R.I., Folk Festival is picking up good vibrations. The festival producers announced Monday that **BRIAN WILSON**, a founding member of the Beach Boys, is joining the festival's lineup. He'll headline an evening performance on Aug. 1 at the International Tennis Hall of Fame. The festival continues Aug. 2-3 at Fort Adams State Park. Wilson is the latest big-name act added to the festival, which already includes Jimmy Buffett, Trey Anastasio, the Black Crowes, and reggae artists Stephen and Damian Marley. (AP)



LUCY NICHOLSON/AP/GETTY

DISCIPLES

Surfers Sense Great One Threatened, Must Attack

A paparazzo trying to photograph **MATTHEW MCCONAUGHEY** at the beach in Malibu, Calif., told police he was attacked by a mob of surfers who threw his camera in the ocean. The photojournalist told sheriff's deputies that a large group of surfers approached him and other paparazzi about 2 p.m. Saturday, and demanded the group stop taking pictures and filming. McConaughey was not involved. (AP)

INDUCTIONS



Homogeneous Gene Pool Introduces New Blood

SACHA BARON COHEN, Marion Cotillard, Ruby

Dee and Jet Li have been invited to join the group that hands out the Academy Awards — the Academy of Motion Picture Arts and Sciences. (AP)



MORRY GASH/AP

Teddy Roosevelt also bleached and autographed the skulls of his kills.

SOUL MATES

Kipling, Hemingway, Nugent

TED NUGENT is moving but has some stuff to unload first. Nugent held an estate sale in Waco, Texas, over the weekend, peddling big-game trophies to make relocation to a nearby ranch a bit easier. Items available for purchase included a rhinoceros head, zebra stallion mounts and bleached deer skulls signed by Nugent. It was not immediately clear how much was sold. (AP)



Can't Stop Drinking?



ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

The National Institute on Alcohol Abuse and Alcoholism is studying the use of the medication Acamprosate for alcohol withdrawal. The study includes alcohol detox and a four-week inpatient alcohol treatment program at the NIH hospital in Bethesda, MD. For more information call:

(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339



Parents of teens!

Is your daughter's eating out of control? Is she gaining too much weight?

Consider participating in a study at the Uniformed Services University of the Health Sciences (USUHS)/National Institutes of Health (NIH).

- **WHAT:** To test how effective group therapy is in the prevention of excess weight gain.
- **WHO:** Girls aged 12-17 years who are above average weight and report loss of control eating.
- **WHERE:** USUHS and the NIH Clinical Center in Bethesda, MD, just outside of Washington, DC.

Individuals who qualify to participate in this study will be compensated for their time.

Please call for more information: 1-800-411-1222

LOOK out

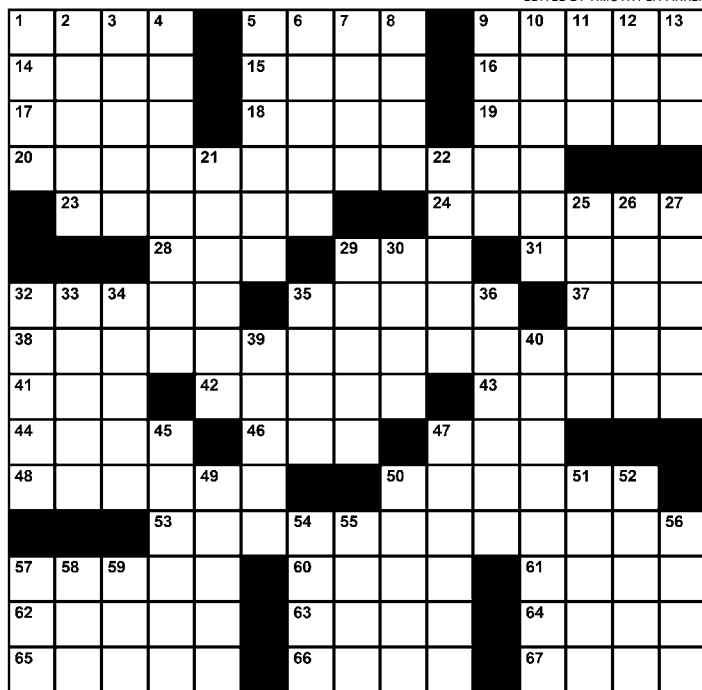
CROSSWORD | GRIN AND ...

ACROSS

1 Hardly exciting
5 Pre-wedding party
9 Geometric findings
14 Hitchcock classic
15 Chanel of fashion
16 ____ man (lover boy)
17 Acquire through merit
18 Golden rule preposition
19 A horse may win by this
20 Dan Haggerty role
23 Single-masted vessels
24 Part of ASAP
28 Underground worker
29 Break bread
31 Lisa at the Louvre
32 16th-century violin
35 Breathing disorder
37 Foot, in anatomy
38 Family of kid literature
41 "Bitter" part
42 1990 Demi Moore film
43 It's blocked by sunblock
44 "Σ" arms against ____ of troubles" (Hamlet)
46 45 or 78, briefly
47 Mad cow disease
48 China's last dynasty
50 "Burnt" Crayola color
53 Inexperienced newspaper employees
57 Bedside noise

DOWN

60 Baffling byline, briefly
61 Bear in the sky
62 New Guinea's Gulf of ____
63 Pop singer Amos
64 Take ____ of silence
65 'Twixt
66 Knighted actor Guinness
67 Pince-nez part
1 Vestige
2 Airport sounds
3 Foolish month
4 Food preservative (with "of soda")
5 Work with marble, in a way
6 Lauren Bacall has two
7 "____ Sanctorum"
8 Virtuous
9 Doomed mission
10 Contingency for release
11 19th-century samurai home
12 "____ me!"
13 SFO-to-LAX heading
21 Urban planner's concern
22 Name associated with trees and skis
25 Lacking face value, as stock
26 End of "the end of"
27 Hardly respectful
29 It can cause one to be a real jerk
30 Dennis Haysbert series (with "The")
32 90 degrees from fore-and-aft

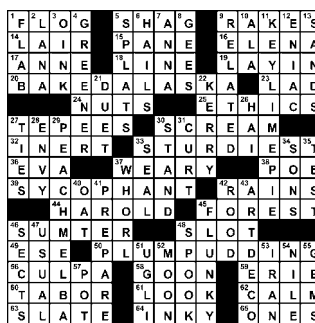


EDITED BY TIMOTHY E. PARKER

33 Where to have a meeting of the minds?
34 "As You Like It" locale
35 Surmounting
36 Substance overdoer
39 Arboretum item
40 Happening at some future time
45 Accumulate, as interest
47 Like Jaime Sommers

49 Kind of race mushroom
51 "Of all the ____!"
52 Lighter offense?
54 ____-tat (snare drum sound)
55 Carbon compound
56 Tools with teeth
57 Especially suited
58 Word with "blue" or "lemon"
59 Tailless simian

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

5	7	4	1	3	9	8	6	2
1	8	2	6	7	5	9	3	4
9	6	3	2	4	8	1	7	5
3	4	9	7	2	6	5	8	1
6	2	1	8	5	3	7	4	9
7	5	8	4	9	1	3	2	6
4	3	7	5	1	2	6	9	8
2	1	6	9	8	7	4	5	3
8	9	5	3	6	4	2	1	7

8		1				3		
6				7				
		4						5
1	9				6			
		8	3		7	2		
			8				9	3
2						9		
				5				1
		5				8		6

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express

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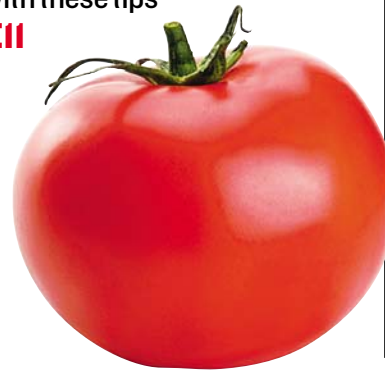
fit



Happy trails to you if you opt for this outdoor routine **E5**

Protect your summer salads from salmonella with these tips

E11



Hemp's wearable, healthy and even pretty delicious **E7**

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After Burn

YOU'VE COMMITTED A SKIN SIN, BUT WE'LL STILL TELL YOU HOW TO FEEL AND LOOK BETTER **E8**

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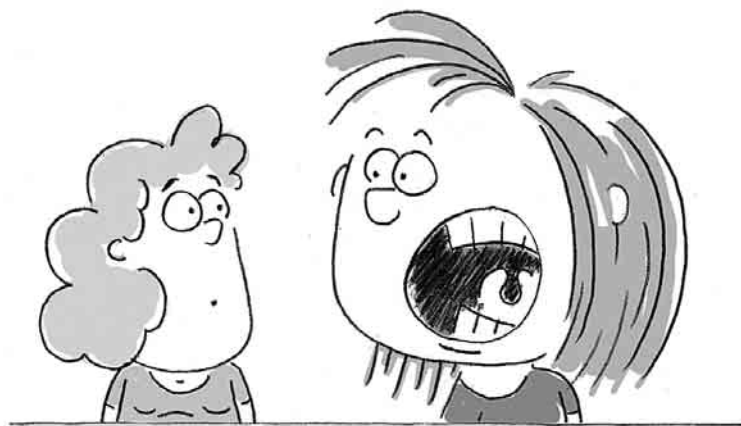
GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Open Mouth, Eject Secrets

Q One of my closest friends confided in me that she is several weeks pregnant. (This was unexpected.) Her boyfriend didn't know, and when he came over, I accidentally congratulated him on his impending fatherhood. My friend was miffed and refused to speak with me. I have tried to make it up to her in e-mails and even sent her flowers. She has ignored it all. What do I have to do to make it up to her? — BLABBERMOUTH

There are some mistakes — losing a job for someone, revealing a long-hidden family secret, accidentally branding someone with a curling iron — that might take a bit more than flowers to be forgiven for.

It's not that what you did was deliberately hurtful or cruel — after all, I'll take you at your word that it was an accident. It's just that the damage was particularly brutal. There may also be nuances to your friend's resentment that are



PREGNANT!? I can totally keep that to myself.

ERIC REECE

unwritten here — if you've been particularly blabby before, if your mistakes had a particularly tough aftermath, or if she happens to believe in Freud's view of "accidents." For these reasons, you might not know exactly what you're up against. In that uncertainty, you have just two things on your side — the truth, which are the regrets you can continue to express in letters or e-mails, or with skywriting — and time. In fact, after you're sure your case has

been stated, you might want to give her some space and let the latter work its magic.

RU Afraid That She'll Find Out?

Q I'm engaged to a wonderful woman. I have a female friend who is my "text buddy," meaning we are always communicating through mobile text messag-

ing throughout the day. Although we have never met in person other than the day we met, we text each other so much that even while I am on the phone with my fiancée, I find myself sending texts to this girl. I don't have feelings for the girl; it's just for fun and I enjoy it. My fiancée found out about her and has grown jealous about my "texting" affair, but I tell her it's not like I'm cheating. Or is it? Is she being too sensitive, or am I really being inconsiderate to her?

— TROUBLING TEXTS

I hate to pull something from the "how to phone it in" advice columnist's playbook, but the fact that you wrote shows that you know there's something not altogether knightly about your behavior here. Like Bryant Gumbel, I have a host of questions — how your girlfriend "found out" about something that should never have been hidden in the first place, the nature of these text messages, and — this is just for my own research — what kind of phone plan you have.

But, undeniably, you do have feelings for this person. Even if they are completely platonic, she's playing a rather large role that your fiancée appears unable to. I'm not saying that your fiancée has to meet

your every need (then there would be no reason for Haagen-Dazs!). But when there is another person, especially another woman, who seems to be more integral to your daily existence, it is understandable that your fiancée would start to wonder what that other woman has that she doesn't.

You have to be honest with yourself about just why it's so "fun" and whether there were aspects of it that you were trying to keep secret. Even if it's not an issue of chemistry or flirtation, it appears that there's a woman to whom you feel more connected — albeit wirelessly — than you do the woman you're about to marry. You might try to wean yourself off of these texts and see how you do while trying to let your fiancée in more — sharing whatever kinds of things you do with Ms. T9. It's no crime to have a text buddy, but if your fiancée's vision of marriage is one in which she's your most frequent confidante, and she very clearly isn't, there will most certainly be rough waters ahead.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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CEREAL THRILLER

Wacky doctor Kellogg had a thing for cereal, but there's no way he ever envisioned a breakfast bowl as healthy as Kashi's U, which promises to promote overall bodily "vitality" with its seven whole-grain flakes, granola, black currants and walnuts. Even with fiber and vitamins out the wazoo, it's tasty.



BEYOND A BELT

The fanny pack never got any respect. But the SPIbelt (\$20, Spibelt.com), a shrunk riff on the concept that allows you to take miniature belongings along on a jog, may prove that pockets aren't all that. The belt stays put, and the pouch comes in 16 color choices.



THE LANCET

Even though Lance Armstrong seems to have little to do with Livestrong.com (which, admittedly, is not as hot as Kate Hudson), it's a useful resource for medical advice (love that "Symptom Checker"), healthy shopping tips, exercise pointers and more.



A FIRST IN ADE

Have a fake workout? Then you deserve a swig of a fake sports drink, POWERade Zero. It has absolutely no calories in any of its three flavors (mixed berry, grape and strawberry), although all taste like fake sweetener. Our verdict: The best calorie-free drink is still water.

GUINEA PIG



Orb Issues

■ It's one of those gorgeous summer nights that make you feel like a kid again, and you want to play outside. Bocce sounds good — except the balls aren't easily seen in the dark. But Brookstone claims its LED Bocce Balls (\$100) make the game playable sans sun.

So, you break out the neon-hued set as your friends eagerly wait to play. Bocce is a simple game, so it must be simple to set this up, right? Not so much. The directions say to use a coin to open an inset cap and switch on the LED. Ten minutes later, the cap isn't budging. Twenty minutes later, the cap is off but you can't locate the thingy to turn on the light. Thirty minutes later (friends have since gone off to catch fireflies), you locate the switch, only to realize that this is no subtle glow, but an ambulance-esque, flashing annoyance. You wonder whether Brookstone included a hallucinogen; finding none, you wish it had. You also wish the light would stop flashing (you are starting to see spots). After repeating the same process for eight more balls, it's now daylight. ROBYN MINCHER



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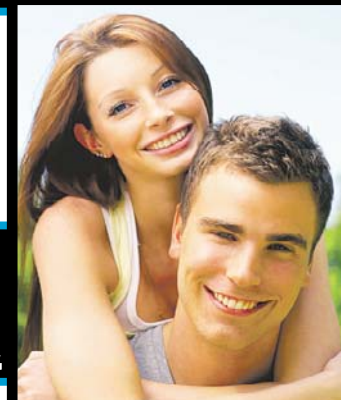
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THE MISFITS

Off Your Chest

Q I'm a male in my 70s who goes to the gym five days per week to row for 30 minutes, bike for 20 minutes, do sit-ups and work the weight machines for 15 minutes. I also play 18 holes of golf three days per week (I used to play four times per week for several years prior to this), so I'm in good shape except for the fact that I've developed a set of boobs over the last few years. What exercises can I do to make them go away? I notice that a lot of PGA golfers seem to have the same problem.

— ANONYMOUS

■ I guess I don't watch enough golf, because I had no idea about these perturbing protuberances, but your on-green observations are spot-on, says Jason Meisch, the director of fitness and training at Gaithersburg's Clubgolf (9811 Washingtonian Blvd., 301-519-1920, Clubgolfmd.com).

The facility, which focuses on exercises and techniques to improve one's game, often deals with clients facing this same annoying jiggle. In most cases, it's a result of too much leaning over either a golf ball or a desk.

With the chest and shoulders curved into a C, any excess flab in your upper body becomes exaggerated. And it doesn't help that "as you age, the skin begins to stretch and sag," Meisch says.

But there are moves that can combat this look — and even improve your handicap. Meisch would start you with dumbbell rows, lat pull-downs and something to stretch out the chest and upper spine.

His favorite? The squat and arch, which has you sit atop a Swiss ball with your arms raised over your head. Bend your knees and let the ball run up your spine, and then push your hips up so that your back is arched over the ball.

Or there's always plan B: Buy a bra.

@ Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at misfits@washpost.com.



Jonathan Dietch, a recumbent bike enthusiast, shows off how he rolls (without straining his back, neck or wrists) under the Queensway Bay Bridge in Long Beach, Calif.

Sit Back, Enjoy a Ride

Recumbent cycles appeal to baby boomers with back problems

Nestled in a tandem recumbent bike, Jonathan Dietch and I careen through Long Beach, Calif. People on the street stop and stare; some holler and cheer.

Fifty-year-old Dietch is taking me for a ride on a sweet machine, a candy-blue Greenspeed, GTT 5F recumbent, hand-built in Australia, with a custom Da Vinci drive train. I'm along for the ride to find out whether recumbents are final-

ly positioned for the growth spurt that enthusiasts — iconoclasts all — have stubbornly predicted, decade after decade. A demographic shift might at last make that happen. It turns out that riding low in a reclined position takes the pressure off aging backs, necks and wrists — a perfect prescription for aging boomers, who are also more likely than most to have the cash to buy these bikes.

Our ride is feeling very tranquil until a trash truck comes roaring alongside, reminding us that with one ill-considered move we could be smashed. Indeed, some believe that recumbents' chief attraction — riding low, in a reclined position — also

makes them harder for motorists to see and are thus unsafe. Recumbent enthusiasts say that, to the contrary, cars and trucks notice recumbents because of their novelty and give them a wide berth to compensate. "Not like a road bike," Dietch says. "When I'm on a road bike, I'm invisible. It's like I don't exist."

Three miles into the ride, my legs are feeling a light burn, but I'm comfortable and relaxed. There's none of the familiar tension in the neck that comes with riding a regular bicycle. We pass a team of cyclists stopped by the side of the path. They wave and appear to appraise our gear as we sail by.

The bike has 36 speeds and rides

like butter. It should, with a starting price of \$8,000. Recumbents can start at about \$600, but most buyers will spend more than \$1,000, says Dana Lieberman, owner of Bent Up Cycles, one of the few bicycle shops in L.A. County dealing exclusively in recumbents.

Dietch, who's ridden racing and mountain bikes off and on since 1971, bought his first recumbent,

“You sit in it like a chair, there's no pressure on anything.”

a Bacchetta Aero, in 2004. "I was so surprised at its versatility, speed and fun that it became my primary mode of cycling," he says.

Another believer is Marilyn Austin, 68, of Leisure World in Seal Beach, Calif. She was a U.S. Cycling Federation women's national time trial champion in her age group in 1986, but neck and wrist problems prompted a switch to a recumbent 13 years ago. Today she goes everywhere on her recumbent Lightning P-38, including on trips to Ireland, Italy and New Zealand.

She goes fast: 15 to 18 mph on the flats and more than 35 mph downhill. But she rides it for the comfort. "You sit in it like a chair, there's no pressure on anything, and nothing gets tired except your legs."

JANET CROMLEY (LOS ANGELES TIMES)



BUYING IN



Recumbent Buyer's Guide

■ **DO YOUR RESEARCH** Go to a bike shop with several models. Give yourself plenty of time to test them. Be sure to check out the materials, too. Most are made of chromoly steel, aluminum or titanium, and carbon fiber. Chromoly or aluminum will work fine for most riders. Chromoly provides a softer ride and is very strong; aluminum is lighter.

CONSIDER YOUR NEEDS Long wheelbase recumbents are stretched out, with the front wheel positioned in front of the pedals. These bikes are generally known for stability and comfort. They make excellent touring bikes and provide a good view of the road but tend to weigh more than other styles and have a larger turning radius. The compact long wheelbase recumbents are similar but shorter. With this style, riders get some of the advantages of the long wheelbase without feeling as if they're riding a boat. Short wheelbase recumbents have the pedals in front of the front wheel and because of the shorter length, are generally very sporty and nimble. They are easier to store and transport, and tend to be lighter. But they are less stable at high speeds and are harder to ride. The feet are up high, which can take time to get used to.

GET THE PROPER FIT This will determine how comfortable the bike is to ride. Make sure your arms and legs are comfortable when you're in pedaling position. As a rule, your knees should have a little bend when you're seated, even when your legs are at maximum extension. Spend time sitting on the bike. Seats vary and aren't interchangeable. J.C.

Branch Out of Boring

Trail running (and trees) make for a routine that's sure to please

Why the trail? "Trail running is an extremely effective workout because it not only is great for cardio but also builds strength and agility," says Kimae Dolan, director of the Seattle Weight Loss Boot Camp. Dodging all those rocks and roots keeps your muscles guessing. Dolan's workout combines cardio with trail-inspired strength drills. Warm up with a 10-minute jog, then do the first three exercises as a circuit (no rest between moves). Rest for one minute, then repeat the circuit. Finish with a four-minute jog, followed by Dolan's Trail Stabilizer.

BRANCH JACK

Works core, arms, shoulders, chest, back, glutes, hamstrings, quads and calves. Get in plank position with your hands on a fallen (but secure) branch or stump, feet hip-width apart. Brace your abs and squeeze your glutes as you jump your feet about three feet apart as if you were doing a jumping jack. Then jump them back to hip width. That's one rep. Do 10, moving as quickly as possible.



GETTY IMAGES

LOG RUNNER

Works core, chest, back, shoulders, biceps, triceps, forearms, glutes, hamstrings, quads and calves. Get in plank position with your feet together, your arms extended about a foot in front of you, and your hands shoulder-width apart on a large, secure stump. Bend your right knee in toward your chest. That's one rep. Repeat with the left knee. Go as fast as possible for 20 reps. Next, get into plank position with your hands under your shoulders and do five pushups. Repeat the entire sequence.

DOWNWARD LOG

Stretches and strengthens entire body. Kneel facing a large log about two feet in front of you. Place your hands shoulder-width apart on the log, then straighten your legs so you're in a downward-dog position with your neck in line with your spine. Rise onto the balls of your feet. Lift your right leg and bend your right knee until your thigh is parallel to the ground and your heel points toward the sky. Hold for two counts. Lower your leg, coming down to flat (or as flat as possible) feet, and repeat on the other side. That's one rep. Do 10.

TRAIL STABILIZER

Works core strength and agility. Grab a lightweight branch (at least as long as your shoulders are wide) and hold it a bit lower than chest height with your elbows close to your torso. Brace your abs and start running as hard as possible, using the branch to prevent your arms and shoulders from swinging. Continue for four minutes. PAIGE GREENFIELD (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

WORKIT

Be a Track Star

■ **WHY THE TRACK?** It provides easy, measurable distances that you can mark off for sprints, laps and other interval exercises; and the bleachers or stadium stairs force you to use your own power.

■ **WARM-UP** Jog around the track for five to 10 minutes at an easy pace.



■ **BOOT CAMP INTERVAL BLAST** Mark off 20 to 50 feet of a straightaway.

1. Start at one mark and sprint as fast as you can to the next. Jog backward to the start.
2. Run to the grass to do 25 crunches.
3. Repeat step one.
4. Run to the grass to do 10 push-ups.
5. Chassé (step with the left foot and hop your right foot forward to catch up with it) for 20 yards. Then do the grapevine back. (Standing sideways, step with the left foot, cross the right one over it, step out with the left again, and step behind it with the right one.)
6. Walk one lap (a quarter-mile).
7. Run up the stadium stairs, taking two at a time for three minutes.
8. Walk the track for three minutes.
9. Repeat the entire circuit. P.G.

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Hemp Grows on Washington

A misunderstood plant takes its place in D.C. and on dinner menus

Hemp: It won't get you high, but you sure can cook with it. But would you want to? And would you get arrested?

It's easier now to sample the culinary delights of the leafy green plant — at D.C.'s new Capitol Hemp (1802 Adams Mill Road; 202-332-819; Capitolhemp.com) in Adams Morgan. Owned by perennial Green Party candidate and D.C. statehood activist Adam Eidinger and his wife, fellow activist Alexis Baden-Mayer, even the structure itself is made of hemp (in the form of particle board).

There are surprisingly stylish hemp clothes, hemp-related art, hemp shoes and some adults-only products in a room out back. But forget the water pipes — hemp is wholesome. It's the same species as marijuana — *cannabis sativa* — but genetic differences mean it won't get you high.

Up front in the family-friendly part of the store is the food. Hemp's touted as a great source of protein, essential fatty acids, iron, vitamin E and dietary fiber — which, of course, makes one suspect that it probably tastes terrible. (It doesn't.)

Best of all, it's legal to cook and purchase hemp. It's just not legal, in the U.S., to grow it. Why depends on who you ask. There are conspiracy theories involving paper mills and the suppression of competition. (Hemp makes good paper.) Others believe the plant was outlawed — and continues to be outlawed — because of its link to marijuana.

"Hemp has been misaligned with its cousin marijuana by lawmakers who have waged a cultural battle for years. Hemp has simply been unfairly caught up in the dragnet to ban marijuana," says Eidinger. "Because the U.S. is the biggest user of hemp products, we send our money to farmers in other countries."

So, we can't grow our own hemp but we can eat what's here, which is mostly imported from Canada, China and Europe. And what's here are hundreds of edible variations:



The recently opened Adams Morgan Capitol Hemp offers all nature of clothing and accessories — plus food, from hemp oil to hemp bagels to hemp nuts.

oil, nuts, flour, chocolate, milk, cheese, bagels and more.

Snacking on a hemp power bar, Eidinger explains that he'll be cooking several hemp dishes based on recipes from the Galaxy Global Eatery Hemp Cookbook. He invited Express along.

The ingredients can all be found in Capitol Hemp and down the street at Yes! Natural Market. Hemp products are not widely available in mainstream grocery stores, but Whole Foods, Yes! Natural Market and others of like ilk have some, and Web sites are crawling with them.

And after the ingredients are bought and Eidinger and Baden-Mayer are making dinner in their apartment, we meet a wiry young hemp enthusiast named Ben Droz, 21. The intern for the Vote Hemp lobbying group carries a small satchel of hemp nuts with him, so he can snack on them or sprinkle them onto restaurant meals to add nutrients, the way your mother might have sprinkled wheat germ onto your sugar cereal to redeem it a little.

"Truthfully, I do it so that I can add some protein to my unhealthy diet," Droz says. "If my friends go to Taco Bell, I throw it in along with my hot sauce."

We dig into a healthy sampling of hempy foods, made using the various edible parts of hemp. Most are recipes that could have

been made without it — the stuff is nearly flavorless, Eidinger says, and mostly just adds texture. And all that healthy stuff, of course.

We start with homemade guacamole, which is simply regular guac with hemp nuts mixed in. Next is salad with hemp nuts and hemp dressing (two parts hemp oil to three parts vinegar). The nuts add a taste and texture not unlike pine nuts to the salad, and the dressing tastes like regular oil and vinegar.

Hemp veggie burgers on hemp bagels with hemp mustard are the main course. The burgers themselves — made of hemp nuts and hemp oil mixed in with green beans, onion, garlic, ground almonds, bread crumbs and eggs, fried in a pan full of coconut oil — are bright green and dense, and quite tasty when topped with hemp mustard. The hemp bagel is too heavy with such a thick patty; Baden-Mayer suggests using hemp bread instead.

Finally, it's time for lemon hemp-aroons — lemon macaroons made with hemp seeds — and big glasses of chocolate hemp milk. The hemp-aroons are sweet, crunchy, lemony, perfect. The hemp chocolate milk is cold and refreshing. We are quiet and contemplative.

"We eat a lot of hemp," says Baden-Mayer. "But not usually this much in one meal." ARIN GREENWOOD

LOCAL FLAVOR



Live Through The Folklife Fest

■ The Smithsonian Folklife Festival kicks off Wednesday and lasts until July 6, and a foodie can't help but be excited by nibbles inspired by Texas and Bhutan.

They say everything's bigger in the Lone Star State, and based on the menu for the Texas-theme portion of the festival, we can see why. Most of the food offerings — barbecue, Tex-Mex and Vietnamese (Texas has a large Vietnamese-American population) — earn abysmal ratings from Mary Dickie, a D.C.-based registered dietician and licensed nutritionist. Dickie is particularly unimpressed with the Tex-Mex eats, provided by La Mexicana Bakery in Manassas: steak fajitas, cheese quesadillas and taquitos. "They're all a disaster," she says. Skipping sour cream and cheese with the fajita would be "the best that you can do," Dickie says.

Next up: barbecue, provided by Capital Q (707 H St. NW). Pork ribs and beef brisket are on the menu; both will be served with coleslaw, beans and white bread. "The coleslaw's not so bad," Dickie says, but otherwise, the meats "are things you should eat now and then, like on your birthday, or if you travel to Texas once a year." We won't even get into white bread. Strike two.

What about the Vietnamese food? Springfield's Asian Grille will be serving a dish called Bun Dan Bong Gai: stir-fried tofu and steamed broccoli served over vermicelli. "There's your happy choice!" Dickie says. The nutrient-rich broccoli and low-fat, high-protein tofu are far healthier than most of the other Texas dishes, Dickie says.

Check back next week for Bhutan's best eats. KATIE ABERBACH (EXPRESS)



PHOTOS BY SARAH GOLDBERG FOR EXPRESS

SKINDEEP



Fake the Bake

FOR DRY SKIN: Clarins Delicious Self Tanning Cream (\$40 for 3.9 ounces, Clarinsusa.com) IT HAS: Cocoa butter and aloe vera to battle the dehydrating effects of DHA, the chemical giving you that bronze glow. **TESTER SAYS:** "The formula is creamy — but not greasy — so it glides onto the skin."

FOR YOUR FACE: Declor Aroma Sun SPF 10 Hydrating Tinted SelfTanning GelCream (\$36 for 1.69 ounces, Sephora.com). IT HAS: Sunscreen, to keep your bronzed face protected **TESTER SAYS:** "This cream gave me perfect color: smooth, even and natural-looking."

FOR FAIR SKIN: Dove Energy Glow body lotion (\$10 for 13.5 ounces, Drugstore.com). IT HAS: Moisturizing glycerin and low levels of DHA for subtle results. **TESTER SAYS:** "The tan builds gradually, so it's easy to control how dark it gets."

FOR AN INTENSE TAN: Jergens Natural Glow Express (\$7.50 for 4 ounces, Drugstore.com). IT HAS: Mango-seed butter and vitamin E make application easier. **TESTER SAYS:** "The color wasn't orange-y or fake-looking."

FOR TRAVELING: L'Oreal SublimeBronze SelfTanning Towelettes for Body (\$10 for 6 wipes, Drugstore.com). IT HAS: A quick-drying formula with skin-smoothing alpha-hydroxy acids. **TESTER SAYS:** "These thin, travel-friendly packets can go anywhere for quick touch-ups."

FOR FAUX-TAN PHOBES: Neutrogena Sun Fresh Sunless Foam (\$10 for 4 ounces, drugstore.com). IT HAS: Citric acid (it helps the color bond to your skin). **TESTER SAYS:** "This tanner absorbs in seconds." (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Red in the Face (and Beyond)



GETTY IMAGES

The pros answer all your burning questions about sun exposure

There's only one thing your body craves in the summer more than ice cream: sunscreen. Yet at some point, over three months of lazy Sunday cookouts, drinks on that patio near work, all-day shopping expeditions and a couple beach adventures, even the most conscientious folks are bound to mess up.

Whether you've burned a single isolated spot or your whole upper body, the itchy, icky redness will make you want to scream, "What the SPF?"

We'll start with the bad news, courtesy of dermatologist Margaret Sommerville, who practices in Chevy Chase (5530 Wisconsin Ave.; 301-656-7546; Chevychasedermatology.com). "Unfortunately, the best treatment is prevention. There isn't anything you can do about the DNA damage," she says. After all, burns

lead to skin cancer and wrinkles, and there's nothing you can rub on, eat or inject after exposure that will lessen that risk.

The upside, however, is that this burn can serve as a lesson, notes Steven Rotter, who runs the Center for Skin Surgery in Vienna (8301 Old Courthouse Road; 703-442-0300; Itsallaboutskin.com). "How long were you out there before you got sunburned?" he asks. Did you miss a spot, forget to reapply every two hours or pick too stingy an SPF?

Next time, you'll act differently — hopefully.

But this lecturing isn't making you feel any better, so Sommerville recommends you pop an ibuprofen. "If you know you messed up, it will reduce the inflammation," she explains. "It's more effective if it's taken early on." You'll also want to hydrate quickly to avoid some of the other symptoms of excessive sun exposure, like nausea and headaches.

As for tending to your fried skin,

cozy up to a big bottle of moisturizer and get ready to slather. "It won't peel off in sheets as much if you moisturize," Rotter explains. Not only is that an aesthetically pleasing outcome, but it also bodes better for the skin beneath. When it has the other layer on top of it, the fresh stuff is somewhat protected from the ravages of UVA/UVB rays.

Be sure, however, that you're using mild products — nothing with alpha hydroxy acids. Hide anything that even mentions "exfoliation." And while you want to keep it clean, limit lathering with soaps, or you'll further irritate the skin, Sommerville says.

This may seem obvious, but you'll also want to avoid the sun. It's not as though sunburned skin is immune to more exposure; In fact, Rotter says, now that it's been damaged, it's extra-susceptible.

What about Grandma's remedy of vinegar or mud? It may have a place in family lore, but if you're looking for natural remedies that actually work, take the advice of Charlene Muhammad, herbalist at Silver Spring's Blue Heron Wellness (10723-B Columbia Pike, 301-754-3730, Blueheronwellness.com). She advocates filling a spray bottle with a cup of aloe vera gel, a cup of rose water, 1 teaspoon of St. John's Wort tincture and a teaspoon of lavender essential oil.

"You can use it immediately, and there's nothing in there that couldn't be used all day every day," she says. Aloe's soothing properties are so renowned that it's in many mainstream sunburn products, but Muhammad says you shouldn't discount the pain-killing properties of St. John's Wort and lavender. She's also a fan of calendula — also known as marigold — which has inflammation-calming powers.

Once you're feeling better and your biggest concern is just hiding the damage for the wedding you're headed to next weekend, there's no harm in trying to even out the look with self-tanner, Sommerville says. "But when your skin is peeling, topical bronzing agents aren't going to make your skin look better," she adds. Her advice: "I would definitely discourage you from wearing a strapless dress." And, of course, wear sunscreen. VICKY HALLETT (EXPRESS)

BLOCK THE BURN

→ Here's a smart way to protect your skin: Know today's Global UV Index (Epa.gov/sunwise/uvindex.html), a number that predicts the strength of the sun's skin-damaging ultraviolet (UV) rays in your own backyard, on the beach or wherever you're headed in the great outdoors. The Global UV Index, brought to you by the National Weather Service and the Environmental Protection Agency, ranks sunburn risk in your ZIP code on a scale of 1 to 15 — with "1" being the equivalent of Maine during a winter storm and "15" a cloudless summer day in Hawaii. The strength of UVA and UVB rays varies daily and even hourly based on the latitude, season, cloud cover and even ozone levels. The Global UV Index will help you plan your day. For example, on a "15" day, sunscreen may not be enough; you may need to stay indoors during peak sunburn hours (10 a.m. to 4 p.m.). But on a "7" day, grab sunblock and go. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



Get Gel Soon

→ GEL-BOT

THE VERDICT: Not only does this flask hold 24 ounces of water, but it also lugs along two servings of energy gel — there's a chamber that hangs down from the lid that you can fill with your choice of goo before an adventure. Switch between wet and sticky by lifting or lowering the nozzle. It's a little tricky to get used to, but if you're already a triathlete, what's one more sport? (\$14, Hydrapak.com)

4 score

Stay hydrated this summer with a water bottle that boasts BPA-free materials



Just Bite Me

→ Camelbak Better Bottle

THE VERDICT: Never tried the innovative Big Bite™ valve before? Good, because it was better to wait until it was attached to a bottle made of Eastman Tritan copolyester, a much-lauded safe plastic launched last year. Anyway, that valve allows you to make sure water gets in your mouth instead of all over your clothes (left, \$13, Rei.com). But if you prefer less directed drinking, you can get a similar bottle with a "Classic Cap" (right, \$9, Rei.com).



From-the-Faucet Fixer

→ Fit & Fresh LivPURE

THE VERDICT: A filter hidden in the lid traps up to 50 percent of the chlorine in your tap water, so it tastes more like the pricey bottled stuff. But the spout won't let you gulp too much at one time — you really need to squeeze to get a sizeable sip. The upside of that, of course, is you don't need to worry about accidents in your bag. (\$13, Theconsumerlink.com)



Camping Companion

→ Nalgene Everyday

THE VERDICT: The classic wide-mouth shape beloved by college students is now made from Eastman Tritan copolyester. While it may not be quite as tough as its predecessors, the new line is still quite sturdy. Our sample survived a series of whacks against our desk with no sign of abuse. (\$11.50, Nalgene-outdoor.com)

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A photograph of a woman's legs from the knee down, wearing a white, frayed-hem dress. She is standing on a sandy beach with the ocean and a clear blue sky in the background. Her right hand is visible, holding a small ring.

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STETHOSCOPE

ALCOHOL
Cups Overfloweth

■ Dedicated drinkers are going to want to track down the 80 California bars where researchers recently discovered that there's more booze in cocktails than customers may realize. After analyzing 480 drinks, it seems the average glasses of wine and mixed drinks were about 42 percent larger than the standard used in drinking guidelines. Draft beers were on average 22 percent larger. So, if that official chart says you can have five drinks before being blotto, it may be more like three or four.

SPORTS
Shots in the Dark

■ Finally, a way to solve doping problems in sports: Tell athletes they're being injected with illegal stuff and they'll perform better, even if they're just receiving a placebo. Findings presented at the Endocrine Society in San Francisco showed that recreational athletes who thought they were receiving human growth hormone for eight weeks actually improved (at least a little) in several measures of performance, including endurance, strength, power and high-jumping ability.

BRAINS
Taking Sides

■ Wonder why some gay men and some straight women agree about the amazingness of "America's Next Top Model"? It might be because their brains are both symmetrical — both the right and left lobes are close in size, according to Swedish researchers. In lesbians and straight men, the right hemisphere is slightly larger than the left. The causes of such similarities are still subjects of hot debate, of course.

A Healthy Dose of Precaution

How to steer clear of salmonella and recognize a dry drowning victim

Hat, sunscreen and shades to protect from skin cancer-causing UVA and UVB rays? Check. Insect repellent with DEET to ward off mosquitoes carrying West Nile virus and ticks bearing Lyme disease? Check. Bike helmet? Check. Hand sanitizer? Check — and ready for takeoff.

Not so fast there, sport. Those precautions will protect against last year's threats to health and safety. But as the mercury rises, summer 2008 promises a few new dangers.

Here's how to protect against two of them.

Contaminated food

Ah, the unique summer pleasure of fresh tomatoes from the farmers market, a fat slice of tomato on a burger off the grill, a platter of sliced tomatoes topped with buffalo mozzarella, basil and olive oil.

Since April, however, more than 200 Americans have been sickened by an unusual and virulent strain of salmonella linked to raw red Roma, red plum and round red tomatoes.

Add that to lingering concerns about spinach tainted with E. coli, scallions fouled by hepatitis A and bean sprouts tainted with Listeria monocytogenes, and you have a real picnic-crasher.

What to do? For starters, read the alerts, warnings and recalls



issued by the nation's guardians of food safety at Fda.gov. The links are all there on the home page under "recalls & alerts" or under the heading "FDA for You/Consumer Health Information." Better yet, sign up to have the FDA automatically notify you of safety alerts and recalls under "Get Updates" on the right side of the agency's home page. Especially helpful are the FDA's "Frequently asked questions" updated every few days. Among the details supplied is the advice that cooking affected tomatoes probably will not lessen a person's risk of becoming sick.

Expert recommendations: Refrigerate all fresh produce and, when ready to use it, wash it thoroughly, even if the bag says it's already been washed. The FDA, which is beefing up its food safety surveillance with an influx of funds granted by Congress, is expected to become a more vigilant watchdog of tainted food, so keep checking its Web site for updates.

Dry drowning

Although water always has been something to be wary of, the idea that someone could drown hours

after visiting a swimming pool maybe new to many. On June 1, 10-year-old Johnny Jackson of Charleston, S.C., died while napping more than an hour after returning

As many as 15 percent of drowning fatalities are dry-drowning victims.

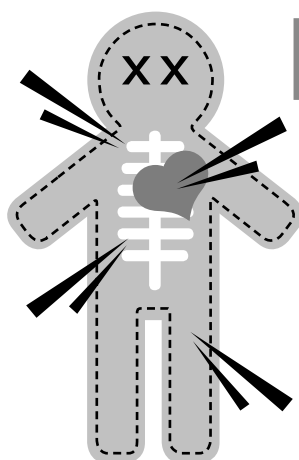
home from the pool with his mother. The incident has drawn attention to the phenomenon of dry drowning, a danger long recognized by other names by emergency department physicians.

Medical examiners have found that as many as 15 percent of drowning fatalities are dry-drowning victims — those whose respiratory distress comes after an incident in the water. But it comes in different forms and from different causes.

Jackson's dry drowning appeared to have been caused by a delayed reaction to aspirating a large amount of water while swimming. In cases in which a near-drowning has occurred during swimming, the lungs can be damaged, allowing them to fill with fluid. Because this can take time, the victim might become progressively more oxygen-deprived over time, causing him to have breathing difficulties, become sluggish or tired, and to behave oddly.

Experts warn that if a person has aspirated a large amount of water, it is unwise to consider the emergency over. If the incident was minor, a victim should be monitored closely and brought to an emergency department promptly if he becomes extremely sleepy, behaves unusually or appears to have continuing difficulty breathing. Any of those things could be a sign that the victim is not getting enough oxygen to the brain, possibly because his lungs — damaged from the aspiration of water — are filling with fluid.

In such cases, called "post-immersion syndrome," the reduced airflow can cause organs to begin to fail in the hours or days after a near-drowning. MELISSA HEALY (LOS ANGELES TIMES)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you have watery diarrhea? (Sorry to be indelicate, but it's the primary symptom.) Stomach cramps, nausea or vomiting? You could have **CRYPTO** — short for cryptosporidiosis — a so-called recreational water illness (RWI) that tripled between 2004 and 2007. The number of cases caused by contaminated pool water doubled, which is scary; even scarier, the Crypto parasite can't be killed by chlorine. It's caused by — don't read this if you're easily grossed out — swallowing something that's been in contact with the stool of someone with Crypto. Which can happen if you gulp pool water. If you ever swim again after reading this, practice good pool hygiene. See Cdc.gov/healthyswimming/state.htm for tips. SOURCE: CDC.GOV

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